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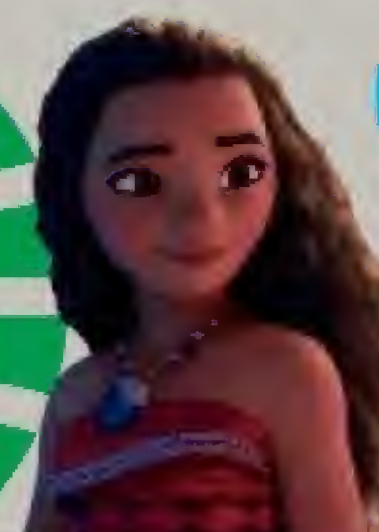
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THOMAS TICKED

Former PC MLA is a touch miffed after NDP robocalls go out — and he's on the caller ID
metroNEWS

Amber's family wants answers

BRAIN DAMAGE

Athwals demand to see results of dental college investigation



Alex Boyd
Metro | Edmonton

The father of Amber Athwal — the four-year-old Edmonton girl left with brain damage after a dental procedure — says the province's dental college told him it won't release the results of an investigation into the incident.

"It's stressful. That's what we were waiting for," Raman Athwal said of the report expected to be finished this week.

But, he said, the Alberta Dental Association and College told him last week his family wouldn't get to see it.

"Even in the poorest countries they investigate if something goes wrong. Now, here we are in Canada, and they say no. Is this your system of delivering justice?"

Raman moved with his wife Arsh and their family to Canada from India in 2013.

Back in September, he took Amber, his oldest daughter, to have a routine dental

procedure.

At some point things went wrong, and Amber stopped breathing.

She was rushed to hospital, where she's been ever since.

A few weeks later, the association released a statement announcing dentists in the province would no longer be allowed to administer anesthesia and perform dental work on the same patient, as Amber's dentist did.

The organization also started what chief executive officer Dr. Randall Croutze told Metro is a "wide-ranging" investigation into what happened with Amber.

He said he doesn't know yet whether the family will get to see the results of the investigation, and the decision is not up to him.

"It depends upon what the results of the findings of the investigation are," he said.

"We're following a procedure that's outlined in the Health Professions Act, in terms of how and when the information and under what situation it would be released."

Health Minister Sarah Hoffman, who met with the family earlier this month, said in a statement that it's important the association conducts a "fair and thorough" review.

"Amber's family deserves to have answers to the questions they have asked."

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Move over beef and pork

RESTAURANTS

Fried chicken eateries are taking over the town



Ameya Charnalia
For Metro | Edmonton

My first bite into the tender chicken leg at Nando's — grilled to perfection — creates nothing short of a spiritual awakening. I'm glad I quit vegetarianism.

I was a die-hard veggie for more than two years but recently abandoned my meat-free ways to hit Nando's — a chicken chain from South Africa that's famous for its peri-peri sauce on Portuguese-style chicken — which opened in Edmonton in February.

But Nando's isn't the only interesting, chicken-focused morsel arriving in Edmonton in 2016.

So, on a quest to rediscover my love for this most versatile of flavour-absorbing proteins, I set out to ask one simple question (while eating chicken, of course): I'm sold on poultry — but are Edmontonians?

Judging by the new entrants in the market, it seems so.

Last week, Popeyes Louisiana Kitchen opened its first location in Western Canada in Edmonton, finally putting an end to KFC's big-chain monopoly on fried chicken.

Popeyes is also one of the first big-chain, fried-chicken res-



Metro freelancer Ameya Charnalia gets up close and personal with garlic-soy chicken at Seoul Fried Chicken. KEVIN TUONG/METRO

taurants that serves halal fare.

Located in the Tamarack area of south-east Edmonton on 17 Street, people waited over two hours on Monday, opening day, to get a plate of Cajun-inspired fried chicken.

A bit earlier this year, Seoul Fried Chicken arrived close to Whyte Avenue, offering seven flavours of Asian-style fried chicken.

Owner Jake Lee purchases

hundreds of chickens weekly from local Hutterites.

Growing demand for chicken might raise prices, but he's confident more and more people are going out to eat chicken, rather than beef or pork.

"It makes people happy," he said. "Now that chicken has its chance, chicken will do well."

Seoul Fried Chicken is busy around the clock, serving hungry students, office-goers and

night-lifers in the area.

Matt Phillips, co-owner of Northern Chicken, a recently-opened fried-chicken joint on 124 Street, echoes that sentiment.

"It's been a great year for chicken in Edmonton," Phillips said.

His restaurant focuses on southern-styled, buttermilk-soaked fried chicken (served with optional bourbon), while

offering a hip-hop twist.

The place is buzzing each night, with customers jostling for space to dig into fried chicken, all while Notorious B.I.G. plays on the sound system.

But back to Nando's.

On weekends, the line-up at the joint, located just south of the Whitemud on Gateway Boulevard, often snakes around the building. The chicken is legendary.

ELECTRICITY

Province to cut out coal

Alberta has struck a deal with three major power producers to formally end coal-fired electricity in the province by 2030.

Environment Minister Shannon Phillips announced Thursday that the province will pay three major power producers a total of \$97 million a year over the next 14 years to compensate them for the shutdown and to help them transition to cleaner forms of energy.

"This is a made-in-Alberta plan for Alberta's electricity market," Phillips said, noting that the federal government recently announced it will act to phase out coal-fired electricity in the same time frame.

"There are two choices: we can either act on a made-in-Alberta plan or wait for policy to be imposed on us."

The payments will be spread amongst TransAlta, Capital Power and Atco. The money will come out of the carbon levy on heavy industrial emitters.

Under the terms of the deal the power producers are to keep their headquarters in Alberta, continue to invest in the province and work to provide support to the communities affected by the shutdown.

There are 18 coal-fired electricity units in Alberta. All but six of them are already scheduled to shut down before 2030.

Ending coal-fired electricity is one pillar of the climate change plan introduced last year by Premier Rachel Notley's government. THE CANADIAN PRESS

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BY THE NUMBERS

Edmonton's operating budget

The city's projected year-end financials forecast a \$28.4-million surplus in 2016, but residents can also expect a 3.1 per cent tax increase next year — or about \$72 more per year for the average household. What's happening with dollars at city hall? Metro dives in.

JEREMY SIMES/METRO

28.4M

The total amount of the city's **surplus**, equal to one per cent of the \$2.5B operating budget. The surplus was achieved through savings on snow (\$13M), a hiring freeze and reduced overtime (\$8.2M). The surplus will go into the Financial Stabilization Reserve, a fund for extraordinary circumstances or emergency financial issues.

The city wants to **reduce** the Edmonton Economic Development Corporation's budget by \$8.85M. That will be offset by a **transfer** of \$1.2M from the financial stabilization reserve for operating so the Shaw Conference Centre stays competitive.

8.9M

Σ (23.6)

The city expects a \$23.6-million **shortfall** linked to the Blatchford redevelopment. It says ongoing negotiations have delayed revenue from land sales. Other land sales have been delayed due to council's decision to pause the project to examine financing.

Edmonton spent \$11.4M on expenses related to the **Fort McMurray** wildfire. The city intends to recover these costs once it submits paperwork to the province.

11.4M

15.8M

The city wants to **boost** the Edmonton Police Service (EPS) budget by about \$15.8 million. But to do that it will have to **cut** \$15.8 million from the corporate programs expense budget. In a separate report going to council, EPS has detailed deficits over the past five years due to lower ticket revenues and increased costs.

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Fighting for her granddaughter

COURT

Woman waits months to regain custody of 3-year-old



Kevin Maimann
Metro | Edmonton

An Edmonton woman is calling for changes to the child welfare system after a months-long fight to regain custody of her three-year-old granddaughter.

Rachel (whose name has been changed in this story to protect her granddaughter's identity) says she fought for months and went to court to get the toddler back from a government foster home.

"I can see why children get lost in the children's services system. I can see why now,"

she said.

"If you don't have the stubbornness to fight them — at one point I was ready to give up. I will be honest with you, because I was having so many problems."

Rachel lived with Sarah, who's her daughter and also the mother of Rachel's granddaughter, who Metro will call Michelle.

Rachel says she initially called Child Protective Services because Sarah was addicted to meth, neglecting Michelle, and periodically taking the toddler to live with friends or boyfriends.

"There were quite a few frightful situations where I went and picked my granddaughter up and couldn't believe the condition that she was in," Rachel said.

"It's not something I wanted to do, but at the same time my granddaughter was suffering at the hands of my daughter



An Edmonton grandmother is calling for changes to the child welfare system in Alberta.

KEVIN TUONG/ FOR METRO

in the drug world."

But instead of following up, Rachel says child protection workers signed an agreement with Sarah to have Michelle taken to a foster home in Ardrossan, and took her on

June 6.

When Rachel called the Office of the Child and Youth Advocate the next day, she says her concerns were not addressed.

Wherever she turned within

the child intervention system, she says she felt ignored.

"They treated me like I was the meth head, and not the person that's been sober and clean for 10 years, not the person that's had a stable home

for 10 years," she said.

Rachel had to fight for rare visits with Michelle, with help from Métis Child and Family Services.

She knew little about the family caring for her granddaughter, and was worried Michelle was missing love and affection, as well as indigenous cultural experiences.

"She missed out on round dances, she missed out on powwows, she missed out on morning smudges," Rachel said.

Rachel finally got a court date in November after finding a lawyer through Legal Aid.

A judge awarded joint guardianship to her and Michelle's father, who lives in Good Fish Lake.

Rachel reached out to Metro after reading about the tragic story of four-year-old Serenity, who died while in kinship care after suffering severe physical abuse.

"There needs to be changes, bad, because our children have no voice and they're the ones that are suffering," Rachel said.

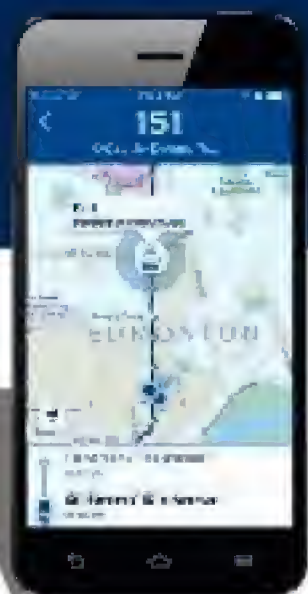
"When Serenity's story came up, I got to thinking, that easily could have been my granddaughter."



There needs to be changes, because our children have no voice and they're the ones that are suffering.

The grandmother

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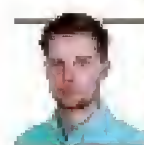
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TRANSPORT

City plugs in for bulk buy of electric buses



Jeremy Simes
Metro | Edmonton

Edmonton is pushing for what could be the largest number of electric buses that any city in North America has ever purchased.

"We're breaking a new trail here," said Coun. Scott McKeen. "So, the bus company should reward Edmonton with good prices."

On Tuesday, the city will propose council approve purchasing 25 to 40 electric buses, for \$30.6 million — depending on the unit price. The purchase would use funding that was initially slated for 49 diesel buses.

McKeen said he hopes other levels of government contribute to such green projects, too.

"In an Alberta context, it's probably something the Notley government should proclaim when they're talking about pipelines," he said. "There's a

lot of good things happening in Alberta."

The city says the delivery of electric buses would align with the opening of the new north-east transit garage, a \$186-million project set to be complete by late 2018.

Prior to the recommendation, a field test and an independent analysis on the buses concluded they are feasible and affordable.

The city anticipates the move will mean a reduction in

greenhouse-gas emissions from its fleet by 38 to 44 per cent.

The buses will be "free floating," rather than being physically connected to overhead electrical wires.

"I don't think there's a huge risk here," McKeen said. "I'm quite excited about the fact we're leading North America on this purchase. This is another feather in Edmonton's cap, and I think Edmontonians should be very proud about that."

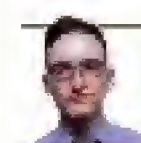


Former MLA Thomas Lukaszuk is seeking answers. METRO FILE

Robocalls leave lots of questions

AUTOMATED TECHNOLOGY

Former MLA is miffed after hotlines bling under his name



Kevin Maimann
Metro | Edmonton

A former Progressive Conservative MLA is miffed after thousands of people received NDP robocalls this week — under his name.

Thomas Lukaszuk's name popped up on caller IDs on Wednesday as the NDP caucus used automated calling technology to notify north Edmonton residents about an upcoming "telephone town hall," where they could speak with an MLA about the government's electricity regulation revamp.

Lukaszuk said he was inundated with calls to his personal cellphone Wednesday evening and all day Thursday from people who were confused, offended or annoyed.

"People who know me, who have my phone number, are calling and texting and sending private

Twitter messages and you name it and saying, 'What the hell, sorry I missed your call, saw you were calling me, calling you back' — or 'What is this, how come you're calling from NDP,'" Lukaszuk said Thursday.

"How they managed to hook up my name of all the names in the world to their robocall is beyond me."

The "how" is that the calls went out from the constituency office of MLA Nicole Goehring, who is slated to speak at the telephone town hall, explained NDP caucus spokesperson Eric Rice. The problem is Goehring occupies Lukaszuk's former MLA office — and the number still shows up with his name on call IDs.

Rice said the caucus has apologized to Lukaszuk.

But the former MLA said that's not good enough.

"You don't just get to do that and say I'm sorry," Lukaszuk said. "In politics, your name is your brand, and you're applying my brand onto your phone calls on a very, very controversial file."

The caucus hired Telus to make the calls. Rice said the NDP caucus is working to ensure the mix-up won't happen again.



You don't just get to do that and say I'm sorry.

Thomas Lukaszuk

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Foreign students call hike unfair

TUITION

University says increase is just keeping up with costs



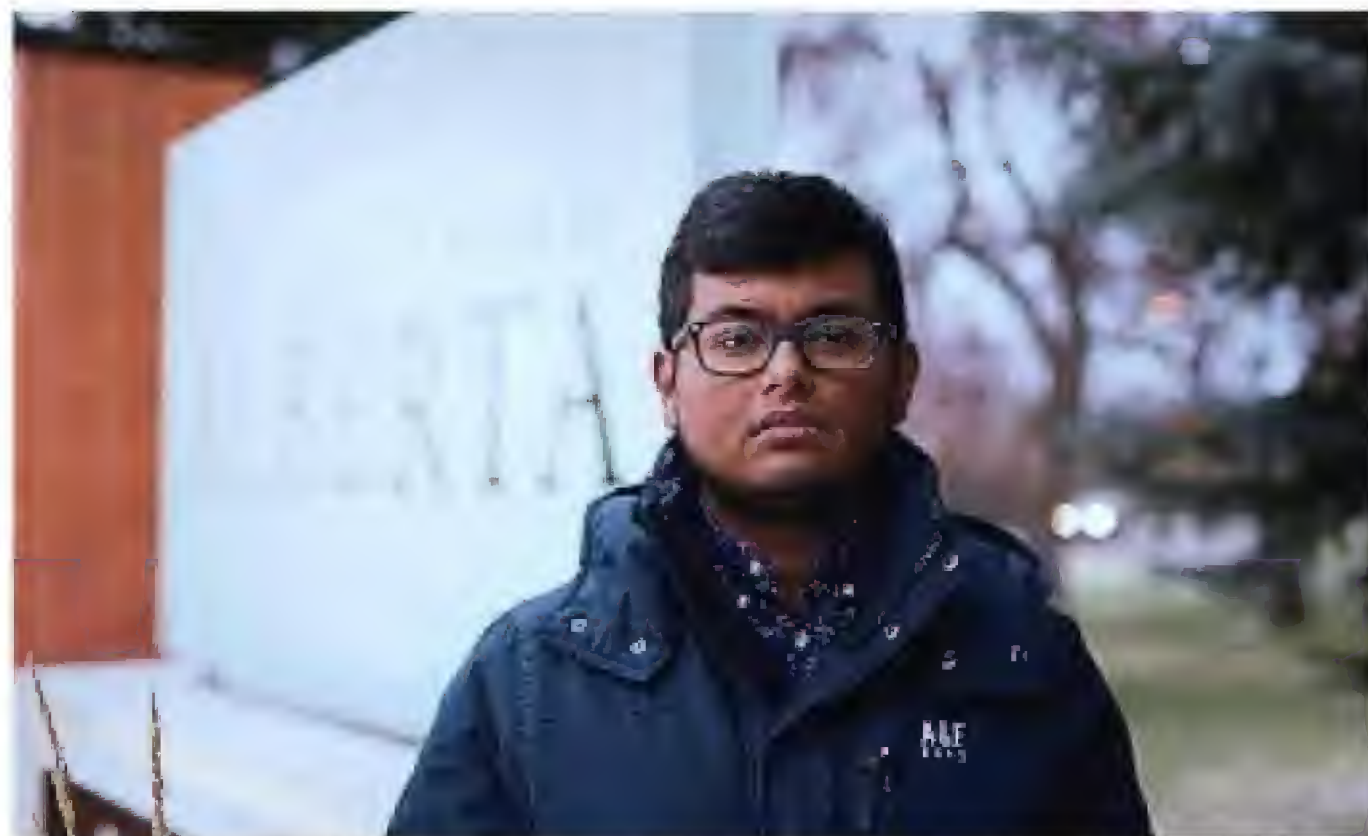
Alex Boyd
Metro | Edmonton

A month after Alberta extended a tuition freeze for domestic students, the University of Alberta is considering hiking fees for international students, and some say that's discriminatory.

The U of A's board finance and property committee has proposed a 3.02 per cent tuition fee increase for international students, starting next year.

Lisa Collins, vice-provost and university registrar, says the increase is simply keeping pace with costs.

While tuition is usually raised based on the consumer price index — currently at 1.5 per cent — the university is now using what they call an "academic price index," which charts the growing costs of university-specific things like



Murtoza Manzur, president of the International Students Association, says it's not fair that international students are getting an increase. KEVIN TUONG/METRO

salaries and benefits, arriving at 3.02 per cent.

But Murtoza Manzur, president of the International Students Association, said the move just adds to the perception that students from abroad, now about 20 per cent of the school population, are "cash cows."

"Given that there's a freeze



We feel that this is discriminatory.

Murtoza Manzur, president of International Students Association on proposed tuition hike

for domestic students, it feels like the budget shortfall is being passed to international students. We feel that this is discriminatory," he said.

He points out that international tuition is already triple domestic fees, and the increase means an additional \$700-\$800. Manzur, who arrived from

Bangladesh four years ago, says many international students set a budget before arriving, and can't plan for unexpected increases.

He says there are members of his group who may have to drop out or take fewer classes if the increase is approved.

"The perception that all international students come from the same financial background and can afford that is over exaggerated," he said.

But Collins counters that it's only fair, pointing out that the university's costs will increase by at least \$23 million next year.

Meanwhile, thanks to factors like the tuition freeze and uncertain future government funding, revenue isn't as certain.

"In this situation we feel it's appropriate where we do have flexibility — and for international student tuition we do have that flexibility — to propose an inflationary increase," she said.

Collins said the university will forgo almost \$4 million in revenue as a result of the freeze, but the proposed increase could bring in \$2.5 million.

The recommendations must be approved by the Board of Governors before they're official.

DAKOTA PIPELINE

Chief expresses solidarity

Chief Tony Alexis is expressing solidarity with the protests in Standing Rock, North Dakota.

"My heart breaks to hear over 300 people have been seriously injured," said the head of the Alexis Nakota Sioux Nation, located just northwest of Edmonton, in a statement.

Members of the Standing Rock Sioux have been protesting the Dakota Access Pipeline, by the Energy Transfer Partners company, through their land since last spring.

Since then they've been joined by thousands of people, indigenous and not, from across the continent to resist the route of the pipeline, which will come extremely close to their community and cross the Missouri River.

"The acts of law enforcement towards the peaceful protesters in Standing Rock, North Dakota are a violation of human rights," said Alexis. "I am deeply disturbed with the mistreatment of our Indigenous brothers and sisters who have the right and freedom for peaceful assembly." METRO

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Top Nightlife Spots Receive Recognition

Ever wonder what it means for bars, pubs and restaurants to be the Best Bar None?

Best Bar None is a voluntary accreditation program for nightlife venues, designed to keep staff and patrons safe while recognizing excellence in the industry. Currently, the Best Bar None program operates in Edmonton, Calgary and Grande Prairie and has recently launched in Lethbridge. Working with other establishments, government bodies, and law enforcement, a Best Bar None accredited establishment has taken steps to make sure their business is held to the highest levels of safety and quality.

Seventy-nine of Edmonton's leading bars, pubs and clubs were accredited at the seventh annual Best Bar None Awards on November 22 at the Santa Maria Goretti Centre in Edmonton, as well, establishments vied for awards in 10 categories.

How do establishments earn Best Bar None accreditation?

- Edmonton licensed establishments volunteer for Best Bar None accreditation.
- Applicants are given a list of more than 100 industry best practices that



O'Byrne Irish Pub celebrates their win for Best Large Pub.

improve staff and patron safety ranging from staff training to a physical inspection of the venue.

- Assessments are conducted to determine if the establishment meets the standard.
- Successful establishments achieve Best Bar None accreditation status to

show the public their commitment to patron safety and hospitality.

Bill Robinson, President & Chief Executive Officer for the AGLC, appreciates the commitment and work by Edmonton's licensed venues to achieve accreditation. "During the past seven years, we're finding industry and our partners, the City

AWARDS:

Of the 79 licensed premises congratulated, 10 bars took home trophies.

Bar/Lounge: OTR Kitchen + Drink

Hotel Bar: The Lion's Head Pub (Radisson Edmonton South)

Restaurant and Bar – Independent: Teddy's Palace

Restaurant and Bar – Chain: Boston Pizza Lounge (Mill Woods)

Small Pub: Kelly's Pub

Pub: Hudsons Canada's Pub (Whyte Avenue)

Large Pub: O'Byrne's Irish Pub

Club: The Ranch Roadhouse

Campus: The Nest Taphouse Grill (NAIT)

Casino: The Casino at Northlands Park Racetrack and Casino

of Edmonton and the Edmonton Police Service, are making a positive impact to make Edmonton establishments safer and a more enjoyable experience."

For more information about the Best Bar None program or the list of accredited venues and winners visit BestBarNone.ab.ca.



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WHAT'S GOING ON

It's a good weekend for social justice

Fred Penner

Beloved children's entertainer and former Canadian TV superstar Fred Penner is still advocating for children's rights while touring as a serious folk musician, playing to the adults who grew up watching him strum guitar in a forest with his sidekick the Word Bird. Local folk-punk band Fire Next Time will warm the stage.

WHEN: Friday at 8 p.m.

WHERE: The Needle, 10524 Jasper Ave.

Witch Hunt at the Strand

Darrin Hagen's new production documents the tragic true story of 10 men in Edmonton's theatre scene who were rounded up and charged with "gross indecency" in 1942 merely for being gay, and sentenced to hard labour at the Prince Albert penitentiary. Most were never heard from again. Hagen's play draws on actual court transcripts and documents.

WHEN: This week through Dec. 4

WHERE: Backstage Theatre,

10330 84 Ave.

Art in Excess

Evolution Wonderlounge, Imperial Sovereign Court of the Wild Rose, and JTMF West will mark World Aids Day with an abundance of art, including music, fashion, drag performances and an appearance by Velvet Cupcake Burlesque.

WHEN: Saturday, doors open at 7 p.m.

WHERE: Evolution Wonderlounge, 10220 103 St.

Standing Rock Benefit Show

Five Edmonton bands will rock their hometown to show solidarity with the pipeline protesters who are facing off with military and police at Standing Rock Reservation in North Dakota. Tee-Tahs, Marlaena Moore, Teeth, Paroxysm and Beauty Rest will be joined by indigenous climate speakers, with silent auction prizes and door raffles.

WHEN: Sunday at 5 p.m.

WHERE: The Buckingham, 10439 82 Ave.



A Tribe Called Red: DeeJay NDN, Bear Witness, Zoolman. CONTRIBUTED

From the powwow to the club

UNION HALL

A Tribe Called Red bringing neo-traditional beats Saturday



Ameya Charnalia

For Metro | Edmonton

A Tribe Called Red is playing Union Hall this Saturday at 8 p.m., and Metro had the opportunity to speak with Ian "Deejay NDN" Campeau about the trio's latest album — and about politics and reconciliation.

Q. What was it like working on your latest album — We Are the Halluci Nation? It was completely different. We wanted to have a collaborative album.

We went to Norway and then we got to hang out with some indigenous people in Norway and that's where we met Maxida Marak and we got to record her yoking there.

It was traveling and collecting a lot.

Q. Describe the process of being creative and political at the same?

Up until We Are the Halluci Nation, we never really had a lot of English lyrics that people could understand, so it was never in the lyrics, it was always in the actions of what we were doing. It would be in creating a safe space for indigenous people to dance within a cityscape.

In occupying spaces within a colonial society that's a political statement in itself, you know what I mean? So just the act of throwing a party was a political statement.

Q. What are your thoughts on reconciliation?

Reconciliation has to do with saying sorry, right? Like that's where we're kind of at and sorry means vocalizing and then ending that hurtful activity.

Yet, we have indigenous children killing themselves at the highest rate in the world and we have (Prime Minister Justin) Trudeau trying to advocate (for) more pipelines.

It's not reconciliation. Nobody's actively changing to say sorry.

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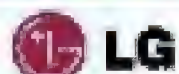
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Ecstasy treating trauma

SCIENCE

Promising mental health results in first Canadian trial



David P. Ball
Metro | Vancouver

Several psychotherapists behind a head-turning Canadian drug study may not be raving ecstatically or blissed out.

But after wrapping up Canada's first-ever trial treating trauma using the drug MDMA — the pure form of what's popularly called ecstasy — they are nonetheless optimistic.

According to psychiatrist Dr. Ingrid Pacey, the study's principal investigator, the MDMA-assisted psychotherapy trial showed promising results for its six patients with post-traumatic stress disorder (PTSD) so severe that no previous treatments had worked.

Because MDMA — or methylenedioxymethamphetamine — is an empathogen, meaning it generates feelings of empathy and trust, the therapists hoped



Dr. Ingrid Pacey, a psychiatrist and lead investigator of the recently completed MDMA-assisted psychotherapy trial — the first of its kind in Canada. JENNIFER GAUTHIER/METRO

to see how patients might respond to counselling while they were on the drug.

"The biggest thing was there was a very increased level of trust," Pacey said. "They were really able to talk about painful material from the past that they were never able to talk about before in their life — they'd been so frightened they'd block it.

"With the MDMA, they'd be distressed and crying, but they could talk it through and come to understand it in a way they couldn't before. The trauma became a more manageable part of their history and they could go forward with their lives."

PTSD is a mental-health condition associated with being exposed to threatening events or

abuse, often afflicting victims of violence, soldiers, first responders, and sexual and childhood abuse survivors.

The illness is often tough to treat because many people with PTSD have developed a deeply engrained sense of mistrust in others, numbing, hyper-vigilance and isolation — and because it changes the brain itself.

Three of Pacey's subjects had experienced childhood abuse; the other three survived adult traumas. Except for two given placebos for the first part of the trial, subjects were given 125 milligrams of MDMA with eight hours of therapy, followed by a supervised sleepover at the clinic site; the next day, they got further counselling. Months later, they were given half the original dose and offered more therapy, followed up after a year.

The study was part of an international initiative led by Multidisciplinary Association for Psychedelic Studies (MAPS). Although the results of the federally approved study — quietly authorized by Health Canada in 2013 — are still being "collated" alongside similar research in the U.S., other studies have backed up Pacey's initial findings.

POLITICS

Liberals table voting reform bill

The Liberal government is throwing open the doors to voting in federal elections, including expanding the franchise to more than a million Canadians living abroad.

Maryam Monsef, the minister for democratic institutions, has introduced legislation that will roll back a number of controversial changes to Canada's voting process.

That includes relaxing voter identification rules tightened by the previous Conservative government and restoring Elections Canada's mandate to educate and encourage voters.

She is also proposing to significantly expand voting into previously uncharted waters by permitting any expatriate Canadian citizen who's



Maryam Monsef speaks in the House of Commons in Ottawa last week. THE CANADIAN PRESS

ever lived in Canada to cast a ballot.

"We're removing barriers that never needed to be there in the first place," Monsef said. THE CANADIAN PRESS

Netflix pushing back

Netflix makes "substantial" investments in film and TV productions in Canada and should not face regulation, the company argues in a submission to Canadian Heritage's public consultation on homegrown

content in a digital world. Two years ago, Netflix suggested to the CRTC that its service did not fall under the Broadcasting Act as it is not a conventional broadcaster.

THE CANADIAN PRESS



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Co-existence in a post-truth world

Many different people, from many different places, with many different ideas can peaceably coexist. What about people with different facts?

ROSEMARY WESTWOOD
From the U.S.



A local New Orleans real estate agent is not flying home to New Jersey for American Thanksgiving. And neither is an esthetics specialist driving back to see family in Mississippi. It's not just fodder for TV and talk radio hosts to suggest that the election ruined some holidays. Politics spoils a good meal even at the best of times.

And these are not those. This is Thanksgiving in Trump's America.

The esthetics specialist comes from a family of Trump supporters, and the real estate agent, who's not speaking to his father, has an aunt convinced Hillary Clinton used a body double during the campaign. Go ahead and Google it. It's there among the truly imaginative smorgasbord of

fake news that became, during this election, its own character, a worrying theme, an external force and the winning boost for Oxford Dictionaries' recently announced 2016 word of the year: "post-truth." Definition: "relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief." Synonym: Donald Trump.

Trump's childlike relationship to reality, his affinity for feelings over facts, are not going anywhere as president-elect. His cabinet picks prove as much. "Some are known and some are not known, but they're known within their field as being the best," Trump told New York Times editors and reporters the day before the Times' editorial board summed up his appointments with the headline "No experience, no problem."

A UN ambassador with zero

foreign-policy experience. A potential housing-department lead known for his neurosurgery talent, and not much else. An education secretary with little faith in public education. In Trump's America, I suddenly feel qualified, at five-foot-six with a crooked spine, to walk the runway for Dolce and Gabbana.

Alas, I'm one of those pesky people stuck in the grimy mud of a fact-based world. I'm a journalist, that odd profession that forces you to reach for some kind of truth, at the most, and factual accuracy at the very, very least. I'm young, I know, but I've never been more worried for the profession. How can reporters, writers, editors do their job — to inform the public — if half the country isn't listening? We've known for a long time that journalists carried about as much respect as lawyers. But I would have never

predicted that deep distrust in the U.S. government and hateful disregard for mainstream media outlets would combine to put into the White House a president who doesn't care much for the truth, with a fan base lacking an appetite for public scrutiny.

That is truly terrifying. Those of us working in the mainstream media, and anyone hoping to effect change through their work, will have to figure out how to talk beyond their own echo chamber, how to reach people who have no interest — or a decided disinterest — in what they have discovered.

Many different people, from many different places, can peaceably coexist. It's happened across the world, in different times and places.

But different people with different facts? We're about to find out.

MORE PHOTOS ON
THE METRO APP



RARE NOVEMBER SNOW IN TOKYO People cycle in snowfall in Tokyo. Residents in Tokyo woke up on Thursday to its first November snowfall in more than half a century, leaving commuters to grapple with train disruptions and slick streets. AP/GETTY IMAGES

FRANCE

Gunman bursts into monks' residence

The French gendarmerie says a masked gunman has burst into a retirement home for monks in southern France and killed an elderly woman with a knife.

The press service for the national military police couldn't immediately say whether the incident is linked to a terror

act or not.

A press official said early Friday that more than 100 members of the security forces have been dispatched on the scene in the village of Montferrier-sur-Lez, near the southern town of Montpellier.

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The City of Edmonton will be rehabilitating three Groat Road Bridges over the North Saskatchewan River, over Victoria Park Road, and the Mayfair Bridge over Groat Road. This project will also include the reconfiguration of the Groat Road interchange north of the river.

The project is currently in the design stage. Construction is planned for summer 2018.

Groat Road Bridges Rehabilitation Project Information Session
Tuesday, November 29, 2016
4:00 PM to 8:00 PM (drop in)
Royal Mayfair Golf Club
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The plans will also be available on the City website after November 29 (www.edmonton.ca/GroatRoadBridges)

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Top execs push PM on climate policy

ENVIRONMENT

Trudeau and premiers urged to show 'bold leadership'

Canadian corporate executives whose companies together employ more than a million people are urging Prime Minister Justin Trudeau and the premiers to press ahead with collective climate action, including putting a price on carbon emissions.

An open letter to the first ministers was released Thursday morning ahead of a planned meeting early next month in Ottawa, where the federal Liberals hope to finalize a pan-Canadian plan with all the provinces and territories.

"Canada has a history of taking far-sighted policy actions to capitalize on the opportunities created by global economic change," says the letter.

"The time is right for the same kind of bold leadership."

The 60-plus signatories include business leaders representing oil and gas, mining, forestry products, cement making, aluminium smelting, information technology, banking, grocery retail and building materials. Together, their businesses have revenues exceeding \$300 billion annually.

Through the Smart Prosperity Institute based out of the University of Ottawa, they've made common cause with clean energy associations, environmental advocacy groups, organized labour and environmental think tanks.

Their common message is that enlightened self-interest dictates Canada strive to be at the front of the pack as the global economy makes a historic shift. That includes putting a price on CO₂ — "the most cost-effective way to reduce emissions, stimulate innovation and drive energy efficiency," says

the two-page letter.

Michael Crothers, the president of Shell Canada, said the open letter was conceived in September — before the election of U.S. president-elect Donald Trump shook the climate policy world — and is aimed less at the premiers than at fostering discussions with other industrial sectors across Canada. "I've had a few with peers in our (oil and gas) sector but also with other business leaders," he said. "It really starts to help crystallize into the implementation phase what are some of the key issues that people are concerned about, and how can we address those."

As the letter states, revenues from carbon taxes can be used to help vulnerable households but also to help "businesses to remain globally competitive while making the low carbon transition."

THE CANADIAN PRESS

60

The number of business executives who signed the open letter to the first ministers.



Prime Minister Justin Trudeau and the federal Liberals hope to finalize a pan-Canadian plan with all the provinces and territories at a meeting early next month in Ottawa.

AFP/GETTY IMAGES

EMERGENCY FUND

Half not ready for crisis

An emergency fund is meant to be there in times of need, but a survey suggests half of Canadian homeowners would be ill prepared for a personal financial dilemma such as job loss.

The poll released Thursday by Manulife Bank found that 24 per cent of those surveyed don't know how much is in their emergency fund, 14 per cent admit to not putting away any funds and nine per cent only have access to \$1,000 or less. The remainder of those surveyed have up to \$10,000 saved, with the average amount being \$5,000.

Manulife Bank chief executive Rick Lunny says not having three to six months of expenses set aside can lead to desperation if you need to access money right away.

Lunny noted that instead of taking advantage of the current low-interest rate environment to save money, the poll suggests that many homeowners are using it to buy more expensive homes.

THE CANADIAN PRESS

BANK OF CANADA

Five women on short list for next bank note

Two activists, a poet, an engineer and an athlete are on the short list of five women whose image could appear on the next new series of Canadian bank notes due out in 2018.

The Bank of Canada released the list ahead of an announcement on Dec. 8 when the win-

ner will be chosen.

The short list includes Viola Desmond, who fought racial discrimination in Nova Scotia, Pauline Johnson, a poet who was the daughter of a Mohawk chief and an English woman, and Elsie MacGill, the first woman in Canada to re-

ceive a bachelor's degree in electrical engineering and a master's degree in aeronautical engineering.

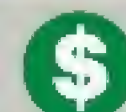
Also on the list is track and field athlete Bobbie Rosenfeld, who won a silver and gold medal at the 1928 Olympics and went on to become

a sports columnist, and Idola Saint-Jean, a feminist and pioneer in the fight for suffrage in Quebec.

The Bank of Canada says the list was selected from 461 eligible nominees submitted by Canadians.

THE CANADIAN PRESS

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Your essential daily news

Scientists have found genes responsible for "uncombable hair syndrome," a real disorder that causes tangled tresses

DECODED by Genna Buck and Andrés Plana

CAN YOU FREEZE YOURSELF IN TIME?

It's Dr. Frankenstein's dream: A few companies will, after you're dead, preserve your body or head in liquid nitrogen – for a fee. A 14-year-old U.K. girl with terminal cancer won a recent court battle to have her body cryopreserved with the faint hope of being revived once technology allows. Trying to extend life forever is far outside the norms of science and medicine. **But it's a cool thought experiment, right?**

How it works

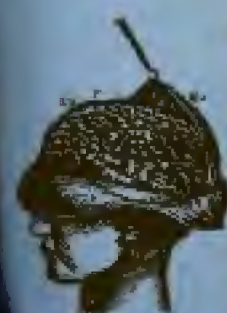
Freezing slows down decomposition, but does a lot of damage. Prickly ice crystals can kill cells. **Vitrification** (freezing in a glassy, not crystallized state) gets around this. But it requires extreme cold and toxic, antifreeze-like chemicals that must be flushed after thawing.

The problems

Vitrification leaves tissues vulnerable to cold injuries that don't have to do with crystals. And it comes with fracture risk: Glass can break. However, the process has non-fantastical applications, like preserving embryos for IVF, and maybe one day storing donated organs.

What about the brain?

The information that makes you, you — thoughts, beliefs, feelings and knowledge — is stored in the form of a complex, precisely regulated set of structures, electrical signals and chemicals. It's not clear if any of that could survive in your vitrified brain.



FINDINGS

Your week in science



DEADLY WEATHER

From the department of weird and scary diseases: An outbreak of rare **thunderstorm asthma** in Melbourne this week killed four and sickened thousands more. In damp weather, pollen grains absorb water and burst. Out come hundreds of starch granules minuscule enough to get into your lower airways. Factor in high winds that spread pollen around, and you have a recipe for lung disease, especially for those who are already allergic to pollen.

SOUND SMART



DEFINITION

Glass is a state of matter. Normally when a liquid cools to a solid, the molecules organize themselves into crystals. But in some conditions it can become a **glass**. The molecules remain in a random, disordered state, much like they would in a liquid — except they don't move around much.

USE IT IN A SENTENCE

Carlos loves eating glass. No, he's not that stupid: Sugar in a **glassy state** is called hard candy.

CITIZEN SCIENTIST by Genna Buck

A call for your questions about science

I'm not answering a reader question this week.

Instead I'm going to tell you about last weekend. I went to the first podcast festival at the Hot Docs theatre in Toronto.

First of all, are you a podcaster fan? They're a great way to learn new things and keep up with the news, especially if you're not a big reader.

I'm telling you this because I went to a live taping of the wicked-good podcast Science Vs.

In it, the host, the incomparable Australian science writer

Wendy Zuckerman, tackles a controversial subject like fracking, antidepressants or hypnosis. And, in the course of an hourlong episode, explores whether it holds up in a fight versus science.

In other words, she achieves something a lot like what I'm trying to do with this column — except in a totally gripping, funny way, and (producer Kaitlyn Sawrey says) it takes a luxurious eight weeks to produce.

Like all podcasts, it has an audience of subscribers at least

casually interested in the topic. Meanwhile, you, having picked up this paper on your commute, have found yourself reading a full page of science whether you expected to or not.

This means I have an opportunity Wendy and Kaitlyn don't: I get to talk about science with people who may not be interested in it, or never really think about it in their daily lives.

It also means I get a chance to cover a lot of basics, and I answer a lot of questions about things (healing crystals, for

example), that have no scientific basis. It's been suggested I re-name the column "You're wrong." But I don't want to be that way.

What I would love is to get even more science questions from you, especially if they have to do with things going on in the world. Send them to **Genna.buck@metronews.ca**. I'll do my best to research them and make the answers fun.

Science Question?
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Moana, voiced by newcomer Auli'i Cravalho, is an adventurous free spirit who is part of the new independent group of Disney princesses breaking the mould. SUPPLIED

The evolution of a princess

FILM

Moana follows the brave new breed of girl heroines

Richard Crouse
For Metro Canada



Once upon a time a movie princess was a damsel in distress, swathed in pink and jewels, waiting for Prince Charming to come to the rescue.

Lately, however, the movies have given us a different kind of princess, one who is more into grrrl-power than girly-girl. This weekend Disney helps re-

define their traditional princess in their 56th animated feature film, *Moana*.

The 13th official Disney princess is inspired by Polynesian mythology. Sixteen-year-old Moana (voiced by newcomer Auli'i Cravalho) is a natural born navigator with a mystical connection to the ocean and all its creatures who goes on a sea quest to find a mysterious island. She's adventurous, but as Maui (voiced by Dwayne Johnson), reminds her, "You're the daughter of a chief and you're wearing a dress: you're a princess."

Moana isn't the first movie to shatter the stereotype of the pretty pink princess. "All these Disney heroines, the princesses, they're a product of their time," Maleficent screenwriter Linda

MOVIE RATINGS by Richard Crouse

Moana ★★★★★
Allied ★★★★★
Rules Don't Apply ★★★
Celtic Soul ★★★

HOW RATING WORKS
★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★ SKIP IT

Wolverton told the Associated Press. "The princesses of the 1940s and '50s, were the best of what a woman should be then: You're the good girl. You took abuse and through it all, you sang and were nice. But we're not like that anymore. We kick ass now."

According to Roger Ebert, Ariel, the teenage mermaid princess of *The Little Mermaid*, "is a fully realized female character who thinks and acts independent-

ly, even rebelliously, instead of hanging around passively while the fates decide her destiny."

In other words, she still marries her prince charming, but for the first time a Disney princess gave a lesson in independence and had a hand (or fin) in deciding her fate. The success of that movie led to a new batch of princesses who were empowered and could look after themselves and others. Jasmine, the daughter of the wealthy Sultan

of Agrabah and the princess at the heart of *Aladdin*, didn't fight off invaders but did do something that made her unique in the Disney princess world. Tired of life in the royal palace, instead of waiting for rescue, the independently minded aristocrat made her own way, even deciding to marry a commoner rather than a prince.

Mark Andrews, the co-director of *Brave*, the story of a Celtic princess who rebels against her mother and escapes from castle life, calls the movie's lead character "an anti-princess." The Princess and the Frog's Tiana, the first ever African-American princess lead in a Disney film, is also an ambitious character in a way that would have been unthinkable in Snow White's day.

More recently the phenomenally successful *Frozen* was the story of two royal sisters, the Princesses of Arendelle, Anna, a spirited adventurer, played by Kristen Bell and Idina Menzel's Elsa, a cryokinetic queen with the awesome power to manifest ice and snow. Like Carrie, but colder. Both are powerful, determined women, but the real twist here is in the definition of the true meaning of love. There's a male hero, but the real love here is between the two sisters.

When you think about movie princesses a few names come immediately to mind: Snow White, Cinderella, Aurora and Belle. This fab four have come to define what being a movie princess is all about. Or at least they used to.

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An ode to Bogart and Bergman



Brad Pitt and Marion Cotillard slip into sumptuous period costumes to tell the story of two WWII-era spies, in *Casablanca* and then in *England*, who fall in love amid the turmoil of war. CONTRIBUTED

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FILM

Allied is a hark back to bygone Hollywood era of big romance

In a world of franchises, reboots and comic-book films, the original espionage thriller *Allied* is a comparatively bold gamble for a studio. Glamorous, serious, and classically made (with a healthy dose of CGI), *Allied*, from director Robert Zemeckis and screenwriter Steven Knight, looks to harken back to a bygone Hollywood of David Lean epics and sweeping romances between larger-than-life movie stars.

In *Allied*, the would-be Bogart and Bergman are Brad Pitt and Marion Cotillard, who slip into sumptuous period costumes and settings to tell the story of a pair of WWII-era spies, in *Casablanca* and then in *England*, who fall in love amid the turmoil of war.

Their happy existence is put into doubt, however, when Max's (Pitt) superiors inform him that they suspect Marianne (Cotillard), now his wife and the mother of his child, is a double agent.

"It's rare that we can still do movies like this one — very deep love stories with original subjects and surprising stories," Cotillard said. "It is this very entertaining movie with very strong and powerful feelings and real questions about love and war." Zemeckis was pleased that his leads looked natural and of the

time in the clothes. "Sometimes you put period costumes on contemporary actors and they look like they are dressed up," Zemeckis said. "But they were able to carry those costumes in a way that looks absolutely right."

The costumes, by Zemeckis and Steven Spielberg favourite Joanna Johnston, proved essential for the characters too. Cotillard calls her wares "another layer of the skin." She was also delighted to be sporting garments similar to her childhood idols like Ingrid Bergman and Katharine Hepburn.



It was a lot of stress for him, a lot of stress.

Marion Cotillard on co-star Brad Pitt learning a French-Canadian accent

"I would watch actresses in glamorous movies and it was part of my dream to be an actress," she said. On set, Cotillard also became a de facto teacher for Pitt, who had to master a French-Canadian accent for his role.

"It was a lot of stress for him, a lot of stress," she said. "He was working every day. I helped him by being very honest. That's the only way you can be pushed to your best. I was very impressed by his dedication."

Pitt, who is going through a divorce from Angelina Jolie Pitt, was not made available

for interviews in Los Angeles. The intrigue of one of the most high-profile celebrity divorces in recent years also became unexpectedly linked to the film when rumours circulated that he'd had an affair with Cotillard.

It wasn't helped when Paramount dropped the first trailer for the film just a few hours after news broke of the Pitt/Jolie divorce, seemingly suggesting a Mr. & Mrs. Smith in WWII angle.

Zemeckis insists was a coincidence and not a salacious way to drum up excitement, although he laughs that he knows no one believes that.

However the speculation spun so out of control that Cotillard, pregnant with her second child with longtime partner Guillaume Canet, resorted to issuing a statement to the press denying the rumours. Cotillard shrugged off a question about what that experience was like for her to go through. "I had nothing to deal with, seriously," she said. "I said everything I had to say about it. I'm not the one who is in the very complicated situation."

When asked about doing some promotion of the film without Pitt, Cotillard's publicist jumped in that they had nothing more to add on the subject.

"We love the movie. We are very proud of it and we're very proud to share it today with the audience and the media," Cotillard said after the interruption. Indeed, the audience is a big question for the film, which cost a reported \$85 million to produce.

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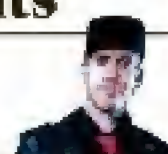
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Hawaiian-born teen catches wave of Moana mania

INTERVIEW

Like her Disney self, newcomer Auli'i Cravalho sets few limits

Chris Alexander
For Metro Canada



With Moana, the house of the mouse has finally given us a heroine for the ages. Disney's latest animated opus is a lush spectacle that follows the adventures of a Polynesian island princess who voyages across the ocean to restore a sacred stone to a mythical island and thus save her home and the entire Pacific ocean.

And while she's joined by a reluctant, preening and tattooed Demigod (Dwayne Johnson), Moana is the heart and soul of the film, a brave, strong and yet vulnerable young woman who refuses to be defined by any perceived limitations of her age or gender.

Auli'i Cravalho, the 16-year-old actress playing Moana, is an equally graceful and driven person. The Hawaiian-born newcomer was chosen out of hundreds of other performers to play the part and after we spoke with her during her recent Toronto press tour, it's easy to see what Disney saw in her.

"I have been given this really amazing blessing," says the intelligent, elegant young actress.

"It was like I was given the golden ticket. I was the last girl on the last day of



She's tenacious, she's rocking her beautiful tan, her hair blows in the wind and she's got her athletic body.
Auli'i Cravalho, on what she likes about Moana

casting to audition and I would never have dreamed this would have worked out, that I would be travelling around the world, meeting amazing people. Even now, I cannot fully wrap my head around any of this."

Moana is rare in the Disney canon in that the character is not looking for love or on the hunt for a husband. She's a warrior and a moralist who believes so strongly in her people and her culture that she's willing to risk her life to fight for what's right. But that doesn't mean she sacrifices her femininity either.

"It's true, she's not your typical Disney princess," admits Cravalho. "She's tenacious, she's rocking her beautiful tan, her hair blows in the wind and she's got her athletic body. But she's inspiring

and she's basically everything I hope to grow up to be."

Back home, Cravalho has become a bit of a rock star, with the locals celebrating her sudden, dramatic rise to success and young people seeing her as a role model.

But she's still totally grounded and the burst of fame has not affected her ego at all. In fact, it has inspired her to do great things with her life.

"My life is a little different now. Everyone just calls me Moana now. That's my new name. I won't legally change my name of course, but I turn involuntarily when people call me that in the streets."

"My teachers call me that. My friends call me that. But even though I'm excited about this and all the travel that comes with this journey I still plan to finish my education and even pursue my first love, microbiology, and find ways to use any celebrity I get to be a spokesperson for the importance of science."

"Really, I'm just a normal girl in a completely abnormal situation but I still want to ride the wave of Moana for a while. Pun intended!"



Actress Auli'i Cravalho was cast in the lead role of Moana having been the last person to audition on the final day of casting. Back home in Hawaii, Cravalho has become a bit of a rock star. ANDREW FRANCIS WALLACE/TORSTAR/GETTY

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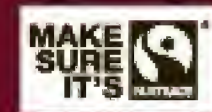


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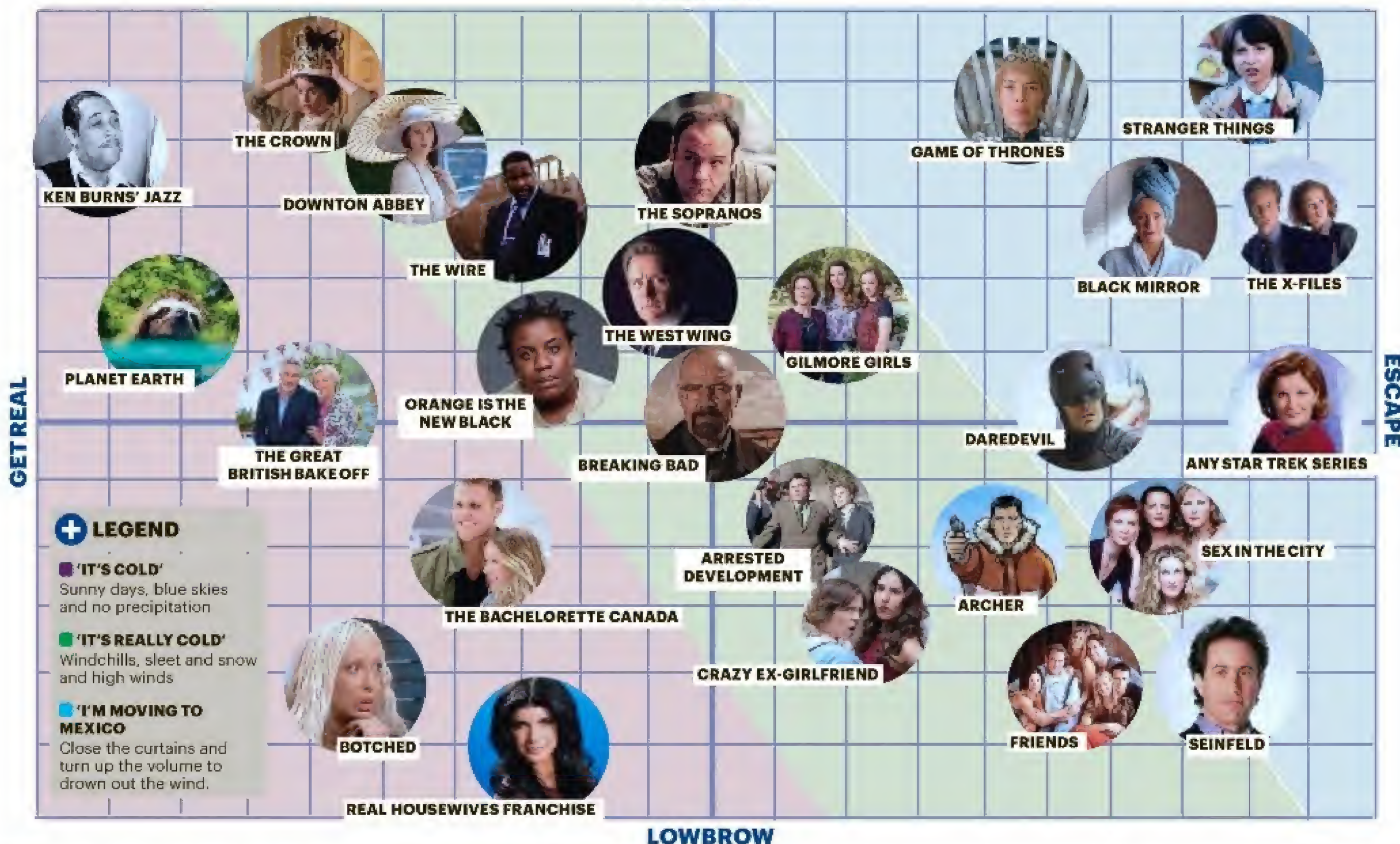
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CHARTED LET THE BINGING BEGIN

While the U.S. is in the midst of celebrating its Thanksgiving weekend, Canadians are prepping for an equally important national event — the start of **binge-watching season**. The nights are longer, the weekends are colder, and there is nothing better than curling up on the sofa under a warm blanket. (Hey, Netflix got the memo, deciding to release four new episodes of the much-loved *Gilmore Girls* this weekend.) Not sure what shows to check out? **Metro canvassed its newsroom for suggestions for all discerning tastes — and weather conditions.** Here is our guide to help you survive the next six months. METRO CANADA

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Baruchel stays loyal to Celtic in new doc

CINEMA

Canadian actor's sports fandom takes him to Europe

Jay Baruchel is probably among the most ardent Montreal Canadiens fans out there.

The Montreal-raised comedy star says nearly everything in his home has the Habs logo on it, from a panini press to underwear and a wallet.

His passion hits a fever pitch when discussing the Habs' trade of star player P.K. Subban to the Nashville Predators in exchange for Shea Weber in June.

"I am vehemently against it," the actor-filmmaker said in a recent interview. "I think the Habs picked management over a player once again and they have a history of doing that."

It's nothing against Weber, who "is an incredible hockey player," he added.

"But I think P.K. Subban was one of the two faces of our franchise going forward," added Baruchel, director and co-writer of the upcoming hockey film *Goon: Last of the Enforcers*.

"I think his best years are still obviously to come. I think he did pledge his life to that

jersey and that city."

Sports fandom is akin to religion, Baruchel explains in his new documentary *Celtic Soul*, which opens Friday in select cities.

Michael McNamara wrote and directed the film, which follows Baruchel and Irish sports broadcaster Eoin O'Callaghan on a road trip from Montreal to Ireland and then Scotland to watch another team they love — Celtic Football Club in Glasgow.

The two learn the history of both teams and their similarities, from their strong connections to the Catholic Church and their reputations for drawing in a diverse range of superfans.

"Celtic, its origin story, is about being open-minded to everybody," said O'Callaghan, who recently moved to Toronto and lived in Winnipeg for two years hosting Fox Soccer Report.

"It obviously has big links with Roman Catholics in the city and beyond that, but from the very first steps of the club it was open to all — and not every club was like that."

"The other thing about those clubs," added Baruchel, "is that there's not a part of the world where there isn't a Celtic fan or a Habs fan."

"You can't say that about every sports team."

THE CANADIAN PRESS



Jay Baruchel chases a soccer dream in *Celtic Soul*. CONTRIBUTED

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Young stars learn from veteran Beatty

INTERVIEW

Actor's life an inspiration for romantic tale... and its two leads

At the heart of Warren Beatty's long-in-the-making *Rules Don't Apply* is a burgeoning but forbidden romance between a pair of wide-eyed young adults, freshly plucked from their traditional upbringings and thrust into the capricious world of Howard Hughes and 1958 Hollywood.

Serving as distant proxies for Beatty's own Hollywood beginnings, Lily Collins stars as the innocent aspiring actress Marla Mabrey, a Baptist beauty queen turned one of Hughes' many female contract players, and Alden Ehrenreich as the ambitious Frank Forbes, who gets his start as a driver for Hughes and "his girls."

The two young actors reunited recently to discuss the unique process of working so closely with Beatty and how his own career and life choices have had a knock-on effect and influenced theirs.

What's the story of how you two met?

Alden Ehrenreich: We met in the context of Warren. We had never met before, but we grew up in the same town and knew a lot of the same people. Our moms knew each other.

Lily Collins: It's really bizarre that we never crossed paths until Warren getting us together to finally get in the same room.

Your moms knew each other?

Collins: Through the



In Warren Beatty's *Rules Don't Apply*, small-town beauty queen and aspiring actress Marla Mabrey (Lily Collins) finds herself attracted to her personal driver Frank Forbes (Alden Ehrenreich), even though it defies their employer Howard Hughes' No. 1 rule: No employee is allowed to have an intimate relationship a contract actress. CONTRIBUTED

Beverly Hills Women's Club. They used to be on the board together.

Ehrenreich: I didn't know my mom was on the board.

Collins: Yep, they were in the Women's Club together, and I think there was another club in Beverly Hills, and they used to spend time organizing events together and were constantly talking about each other's kids. I actually met your mom at one of those events. I remember hearing about this infamous Alden!

Ehrenreich: For me it was so much growing up and watching all these old movies forever that that was just in my DNA. That's why I wanted to be part of this movie for so long, because I thought it was the closest opportunity to be part of something like that.

Collins: My grandmother was a ballerina during that period. She's no longer alive, but I remember referencing old photos of her. She had a lot of the same images that a lot of the Hughes girls had in their pictures, so I looked at those to kind of emulate her grace and how she carried herself. Otherwise I just watched old movies and took in the essence of those women and read chapters about the Hughes girls that he brought in from different states.

“The entire experience ... was organic but also the most unconventional thing I've ever been part of.”

Lily Collins

Do you have a favourite Warren Beatty story?

Collins: I think for me, just the way in which I met him and the way I became associated with the project was bizarre. I was doing hair and makeup for a premiere of mine and my agent called me and said, "Here's a number, Warren Beatty wants you to call him at home," which was bizarre and crazy and strange. So I called him at home and the first words out of his mouth were "I told you never to call me at home!"

Then he was like, "Just kidding, hi!" It started this tone of the entire experience, which was organic but also the most unconventional thing I've ever been part of.

Ehrenreich: I spent five years just having dinner and lunch with him and there are so many different moments. I remember there was a time, like two or three years into knowing him, but he had read somebody for the film

and I didn't know whether or not I had the role, but once he read this person, I felt like he'd become more fixed on him. So one night after dinner, I asked if we could read one of the scenes and not knowing whether I was going to be in the film or whether it was going to happen, honestly. We went back to his house and read the scene between (Forbes and Hughes) at the dock. We ended up reading it nine times into the night. I remember walking away from that thinking, well, if the movie doesn't happen or I don't get cast in the movie, I'll always have had that experience.

What else do you think you'll take away from this?

Ehrenreich: For me it's the education that I got from Warren. Just understanding how he made the decisions he made in his own life, how he stuck to his own convictions and did things exactly the way he wanted to do them.

He was one of the first actors to really take control — does that hold appeal for you?

Collins: I'd love to wear all those different hats at the same time one day. Learning from him was a huge opportunity. He was one of the first to do all of that in a time when actors were just actors. Also, to see Annette (Bening) have the amazing career that she has but also have this incredible family and the kids who they have are so intellectual, kind-hearted and witty young people? To see that you can have both is amazing, because I want both and it's proof.

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Tagaq making a big, unique noise as world begins to listen

INTERVIEW

Inuk singer clears throat to make her mark on wider market

Ben Rayner
Torstar News Service

Tanya Tagaq is threatening to turn into one of the most peculiar and uncompromising mainstream success stories Canadian music has ever known.

Although she previously graduated from the experimental fringe to a semblance of national prominence after winning the 2014 Polaris Music Prize for her blistering third album, *Animism*, the Inuk throat singer from Cambridge Bay, Nunavut, has enjoyed a level of visibility that even she will concede is utterly unexpected since the release of her record, *Retribution*, a month ago. From *Flare* to *The Fader*, from the *New York Times* to the *Los Angeles Times*, from *Pitchfork* to *Rolling Stone*, breathless praise has already been heaped upon her latest work by writers awed at Tagaq's singular vision and prodigious vocal talents.

Dates in the U.K. and Europe beckon in between Canadian shows, and there's already a high-profile gig at New York's Lincoln Center set for March 9. Things are heating up.

"Yeah, the train is choo-chooing along," says Tagaq, 41, with an air of bemusement. "It's been a pretty good run. It's so weird. I don't even really understand how it got this way. All I remember is people telling me it would never work out, right?"

True, smart industry money wouldn't necessarily bet on *Retribution* as a "breakout" album.

Like its predecessors, it's largely wordless, centred around the guttural grunts, shrieks and moans that constitute Tagaq's 21st-century take on traditional Inuit throat singing, and borne of hours of exploratory improvisation in the studio with core collaborators Jesse Zubot and Jean

Martin, a jazz-minded violinist/drummer combo with whom she enjoys an almost subconscious relationship in performance.

Together with such guests as Mongolian throat singer Radik Tyulyush, Inuit singer Ruben Komangapik, rapper Shad and the Element Choir, the three have conjured up some truly apocalyptic, electroshocked soundscapes on the new record.

"I went into the studio with some ideas and made the noises and made some noises but it's Jesse who really did the arrangements and the mixes. He mixed

it all. He almost went crazy," says Tagaq, who had no intention of softening her approach to appease a larger audience after the hair-raising *Animism*.

"I love the sense of sound, I love hearing, I love listening, I love making noise."

"So it would be almost unscrupulous of me to attempt to harness the beast in any way ... I might try some 'songs.' I really enjoyed the song with Shad and it's pretty laid-out, so I might try some songs with a chorus at some point, just to try it out."

Thematically, too, *Retribution*

doesn't go easy on you, offering dire warnings of looming environmental disaster for the planet and taking unflinching stock of human society's treatment of women — not least among them Canadian Aboriginal women. A sighing cover of Nirvana's *Rape Me* closes the album, sadly and succinctly summing up the messages that came before. Tagaq isn't pulling any punches.

"I have a lot of ideas for covers. I've done quite a few of them and not released them yet," says Tagaq, the mother of two daugh-

ters. "But I think *Rape Me* was very important considering what's been happening lately around the world and with the media and just with everything. I just got sick and tired of everything from getting beeped at on the street to hearing about someone pulled out of a river. I got so sick of it."

"I think the secret to having people understand and the secret to a collective shift in social consciousness is to create empathy. Yeah, I'm angry about all those things, but mostly I'm just sad. I'm sad that the world is at that

place where women...can have the same opinion as a man but it gets discredited, women can get paid less, women have to do more work just to exist. And we have to make everyone and do that birth part."

Tagaq's outspoken nature occasionally gets her into trouble, as when she took the opportunity to bait misinformed opponents of the Aboriginal seal hunt with a coyly deployed "F*** ETA" at the Polaris gala. But she's not one to back down from a fight when fully armed with the strength of her convictions.



It would be so difficult to try to make music to fit into the typical idea of what music is.

Tanya Tagaq

"Definitely not," she says. "The thing is, I grew up with only brothers in Nunavut and I was always kind of a tomboy. Like, I was a drill sergeant in the Army Cadets when I was 12 years old. I remember screaming my face off even back then. But I remember it being very sad when I couldn't outrun the boys and they all got bigger than me and stronger or whatnot. In terms of romance, I'm pretty shy — like, if I'm crushing on someone I'll be pretty shy. But other than that I'm not the type of person who lays down for sh**. I'm not gonna do that."

"My No. 1 woman role model is my auntie Tabitha who can go by herself with a dog team out onto the tundra during 24 hours of darkness with just a bow and arrow and a dog team, and come back with a polar bear. With a bow and arrow, not a gun. She doesn't do it often because it's dangerous as f***, but just the fact that she can is astounding to me. And I grew up where the woman's role was maybe a little bit different. It was good to be strong."



Tanya Tagaq's new album *Retribution* is no easy listen, dealing with environmental and social issues. COURTESY VANESSA HEINS

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World's fastest man strikes big screen

INTERVIEW

Documentary shines a sharp light on the real life of Usain Bolt

Usain Bolt is now a movie star. He refuses to say he's an actor.

Such a distinction is important for the Jamaican sprinting great and nine-time Olympic champion. Until his competitive career ends next year, Bolt will continue playing only one role — that of the world's fastest man, someone who beat the odds to acquire immense fame and fortune on his way to becoming one of the biggest stars in global sport.

As such, it's not a made-

for-Hollywood version of himself that takes centre stage in the documentary *I Am Bolt*, which is being released Monday. As the title wants viewers to believe, the Bolt who is in the film is the very same one that his friends, family and other members of his close-knit inner sanctum have seen for as long as they've known him.

"I wasn't an actor," Bolt said. "I wasn't trying to push a different person forward."

This is Bolt, a behind-the-scenes view of the superstar that took about two years to make and has him holding the camera at times. The idea in large part surrounds Bolt's quest for the so-called triple-triple — three gold medals in three events at three consecutive Olympics, something no sprinter in the history of the

sport had ever accomplished.

He pulled it off, to little surprise, at the Rio Games.

And then he could finally exhale, knowing this film would have the perfect ending.

"Oh my God, you have no idea the pressure that I was under," Bolt said in a recent interview, as the production was winding down. "But I live for these moments. I love the pressure. And I have all the confidence in myself and my coach and the team I have that it would come true for me. The pressure was there, but the confidence was always there — which made it much easier."

Bolt agreed to make this film after realizing that he would be able to convince both his fans and his detractors that what they see on the

“I really wanted to show people this is who I am. I like to have fun. I like to chill. I like to go out. That's just a part of me.” Usain Bolt

track — a free-spirited showman who tries to be stoic and serious only when absolutely necessary — is what they would get if they tagged along with him on a typical day.

He shows off some of the spoils of his life, whether it's the party scene or travelling or enjoying luxury. He also shows how all that is possible, with 5:30 a.m. workouts that he groaned through and the rigours of what's needed to keep an elite athlete in top physical condition.

"I live a simple life, you know what I mean?" Bolt said. "One of the things that made me really want to do this was people always saying: 'Aw, this is not really who he is. He's not always laughing. It's not always fun for him.' This is who I am. The part that people don't see, that's the part I want to show people behind the scenes, the hard work."

There are also some moments where that megawatt smile isn't present. Yes, even Usain Bolt can have a tough day.

"You have to ask yourself, why am I doing this? I've done everything. I've done it many times," Bolt said. "I have nothing else to prove." Not now, he doesn't.

The triple-triple was the caper to a storied Olympic career. He's the world-record-holder in the 100- and 200-meter dashes, and anchored the fastest 4x100-meter relay in world history as well. But without those three golds from Rio de Janeiro, Bolt would have felt somewhat unfulfilled.

"I wanted to be one of the greatest," Bolt said. "I wanted to be among the greats. Without this Olympics, I would be great, yes. But I don't think I would be in the bracket of Muhammad Ali, Pele and the great footballers. That's

what I want."

Bolt's plan is for the world championships next year in London to be his final meet.

From there, who knows. He's already well set up as a businessman, with endorsement deals around the globe and other investments — such as a restaurant not far from Jamaica's National Stadium in Kingston, an eatery where a two-lane track is stenciled on the floor around the bar. He'll consider dabbling with other sports, and he has a clear desire to play soccer. He might coach. He will not be a politician.

And he's already been approached about acting. For the record, Bolt says the actor who could play him best is Denzel Washington, and he counts *2 Guns* as one of his favourite movies.

"People always say it was *Training Day*," Bolt said. "But I loved *2 Guns* because it was different."

He wanted this movie to be different as well.

"I tried to talk about what I'm feeling, what I'm thinking," Bolt said. "That's what I really try to portray. I never try to be unoriginal."

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Sprinter Usain Bolt's 'triple-triple' quest ended in triumph at this year's summer Olympics in Rio de Janeiro. ASSOCIATED PRESS FILE



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CHARMAINE NORONHA/FOR TORSTAR NEWS SERVICE



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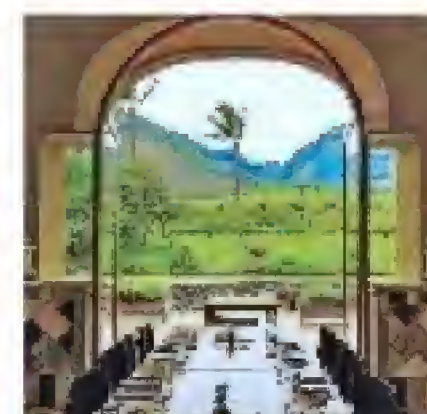
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Day tripping in Tijuana, Mexico

24 HOURS

Donald Trump piñatas are just the beginning

Jennifer Bain

For Torstar News Service

If you're heading to southern California, make time for a day-trip to Tijuana and go beyond the tourist traps with food, drink and border experiences.

It's a 35-minute, 12-stop trolley ride from downtown San Diego, Calif., to the Mexican border. Minutes later, depending on the border lineups, you're in the land of zonkeys, Donald Trump piñatas and Caesar salads, experiencing craft beer in a parking garage, a market right out of central casting, and a food truck park that screams Portland. Pretty wild.

Tourists are starting to return to Tijuana.

See, this city had once been a cheap tourist mecca — some say the original Vegas — until a rash of drug trade-fuelled murders



While no trip to Tijuana is complete without a photo opp with a zonkey, this city offers a variety of experiences beyond the standard tourist fare. DERRIK CHINN

in the late 2000s scared people away. Word spread that Tijuana was dirty, gross, unsafe and not worth the hassle once everyone needed passports.

Derrick Chinn, an American journalist turned Tijuana tour operator, is helping change people's minds about the Baja California region of Mexico. He created Turista Libre ("free tourists") about six years ago to help "liberated tourists explore a city

that was built to be a tourist trap."

I spent a day with him and four southern-California area women. They hadn't been to "TJ" in years and their husbands have been apprehensive. One, a hospital radiology worker, figured hooking up with Turista Libre would ease everyone's concerns.

Chinn met us at the San Ysidro trolley station in the U.S., walked us over the border (the busiest

one in the western hemisphere) and whisked us on to his "chariot of the people," a former U.S. school bus, with driver Pilar Monterrosas. (The trolley, by the way, is part of a fast, efficient, light-rail system.)

He insists on walking people over the border instead of driving them. "Some people see it as an inconvenience. I think walking out of one country and into another is part of the experience."

IF YOU GO

Turista Libre (turistalibre.com) has an array of public treks you can join in Tijuana for \$30 to \$65 (U.S.), as well as private tours that start at \$100 (U.S.) per person for groups of two to 10, depending on the itinerary.

After setting us straight on the city's name — it's Ti-juana not Tia-juana — Chinn gave us a "grab bag" of suggestions and let us set the agenda.

We explored Mercado Hidalgo first, sampling tamales, fresh cheese, spiced mango candies and chicharrones at the chaotic collection of 80-odd shops, giggling at Donald Trump piñatas and donkey milk soap and buying papalote de cuerda (string kites).

Then we headed to the famous Avenida Revolución tourist strip to make a pilgrimage to what's billed as the birthplace of the Caesar salad. Italian immigrant Caesar Cardini opened Caesar's restaurant in the 1920s during

prohibition and introduced the salad a few years later. Had it been inspired by something in Italy? Nobody knows for sure.

The iconic salad is made table-side. We watched a server make the dressing in a large wooden bowl, mixing ground anchovies, Dijon, minced garlic, Worcestershire sauce, freshly ground black pepper, a briefly coddled egg yolk, olive oil and parmesan, and then drizzle it over whole romaine leaves, which apparently hold their flavour better than chopped ones.

"Three pieces of romaine lettuce and you hear angels singing," enthused Colleen Frazier.

Steps from Avenida Revolución we wandered into the fifth floor of a parking garage and had a flight of craft beer in Norte Brewing Co. The beers have cheeky names, like Escort, 4Play and Penthouse because the space used to be a strip club, and there's a great, thoroughly urban, view of the U.S.

"Tijuana and especially north Mexican cities are cities of experiences, not so much historical sites or monuments," Chinn explained. "Here it's about sampling things and trying things and experiencing things."

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The grey, cool mist of an autumn morning briefly hides the full glory of the castle on the hill.

But the fog soon gives way to bright sunshine, and light shining on stained-glass windows spreads a kaleidoscope of colours across a decked-out 19th century dining room table.

A step inside Craigdarroch Castle is a walk back into history, when a mighty coal baron built a monument on a rocky outcrop overlooking the city of Victoria to announce his stature and prominence as one of the richest men in Western Canada.

Scottish immigrant Robert Dunsmuir never did get to live in his industrialist showpiece home. He died in 1889, months before construction was completed in 1890.

Dunsmuir's estate, valued at about \$20 million U.S. just before his death, left everything to



Craigdarroch Castle was built as a home and completed in 1890 for coal baron Robert Dunsmuir. Tragically Robert passed away before its completion so his wife Joan, three daughters and two orphaned children lived on the 28-acre estate. iStock

his wife, Joan, who moved into the castle with three daughters and two grandchildren — and an army of servants and staff to tend to their beck and call.

Joan Dunsmuir lived at Craig-

darroch (which means rocky, oak place in Gaelic) until her death in 1908.

The four-storey, 39-room grey brick edifice, with its steep red slate roof, towering peak and

seven chimneys, is a national historic site. The Victorian mansion is open to daily tours and is approaching almost 150,000 visitors this year.

President John Hughes of the

39
Number of rooms in Craigdarroch. There are 17 fireplaces in the four-storey home that 150,000 people now visit annually.

not-for-profit Craigdarroch Historical Museum Society seemingly knows everything about the castle, including some of its deep secrets.

Hughes said during a recent tour that the castle was built as a showcase of Dunsmuir's immense wealth.

The interior's white oak panelling, including the stairs, windows and doors, were prefabricated and shipped from Chicago on five rail cars. The red slate for the roof came from Vermont, and the Hawaiian koa inlays in the drawing room floor are among the castle's exotic wood finishes that include walnut, rosewood, maple, holly and oak.

Hughes points to a huge black wooden chair near the main entrance as an example of the overt displays of wealth, saying the chair cost \$200 in the 1890s

while homes in Victoria were ranging between \$300 and \$600.

Of the castle's 17 fireplaces, mostly coal burning, the huge sandstone hearth and mantel is the most impressive. Engraved in the stone across the mantel is: "Welcome ever smiles and farewell goes out sighing," from the William Shakespeare play "Troilus and Cressida."

Mounted elk, goat and deer heads are throughout the castle, another sign of wealth for the times, said Hughes, as is the massive English billiards table on the fourth floor.

Hughes said people frequently ask if the castle is haunted, which he quickly denies, but he admits to some strange goings-on.

About 15 years ago, during a movie shoot for a film starring Oscar winner Ben Kingsley called Spooky House, a black panther being used in the film had a major accident in the castle, said Hughes.

"It just decided to let this big stream of urine out and it got into the wood," he said. "On warm summer days, and we have a few of those here, you can often get that little bit of whiff." THE CANADIAN PRESS

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The real Friday Night Lights

AMERICA

In Texas, high-school football is a way of life

Liz Beddall
For Torstar News Service

It's evening and the hazy remnants of a lightning storm have melted the sky above Lowrey Field down to a cotton candy flush. The rafters of the high school football stadium, with its 8,500-person seating capacity, are visibly shaking with each play as the Monterey High School Plainsmen take on the Randall Raiders of Armarillo.

Welcome to the bargain model of a Texas Tech University football match: spectacles of athleticism and fanaticism which keep thousands of tourists flocking to Lubbock on a yearly basis. But with a hefty audience and collective which would rival any Canadian university's grandest sporting event, these \$10 high school events are not simply a microcosm of their post-secondary counterparts —they're a worthy opponent.

Here on Lowrey Field, the home team's crew alone includes an orchestra of 120, a dance team, a cheerleading squad, flag-bearers, a bell crew charged with keeping the crowd screaming, plus an ever-moving supply of medics, security guards, local press, equipment managers and coaches flanking the 50-player-strong football team.

And while it's hard to hear at-



Players acknowledge a roaring crowd following a victory in Lubbock, Texas. The West Texas community's fervour and focus on the family reveals itself at a high school football game between the Monterey High School Plainsmen and Randall Raiders of Armarillo. LIZ BEDDALL/FOR TORSTAR NEWS SERVICE

tendee Michelle Lee over blaring trumpets and the vocal explosions of the crowd, she insists that this, the third match-up of the season is, "a pretty quiet game."

"Football down here starts when the kids are six years old," says Lee, who has come out to support her 17-year-old daughter Tatum, a member of Monterey High School's Pom Dance team. "And from the get-go it's not the mentality of 'give a participatory

trophy to every kid.' The passion behind the parents, the attendance at every single practice, the screaming at coaches... It's intense."

Lee is quick to point out that her upbringing bears a disconnection from this stadium's boisterous scene.

Raised in Regina, Sask., Lee found herself in Lubbock after the recession of the early 1980s. On the advice of a nursing magazine, the then-22-year-old sold

her car and took a nine-seater plane out of North Dakota to Lubbock — known both then and now for its cotton industry, conservative values, raising rock 'n' roll legend Buddy Holly and now for its honourable mention in the recent Western heist thriller *Hell or High Water* starring Jeff Bridges, Chris Pine and Ben Foster.

Twenty years after her move, Lee brandishes both a Texan accent and a T-shirt that reads "Pom

Mom." She along with her husband and three grown children are fully immersed in the tight-knit community and embraces both its quirks and qualities — along with the stubborn fervour and competitive spirit that make this West Texas community beat.

"Regina has the same set up as Lubbock — a ring road, east and west. Same population," says Lee. "But there's a focus on the family that really sticks out. And in Lubbock, whether it's with

+ IF YOU GO

Lowrey Field's high school football games are open to the public, with a \$10 U.S. admission fee. Go to the Lubbock Independent School District website for game times and schedules.

an involved sport or anything that's in the school system or church, it's a family affair and it's extremely involved."

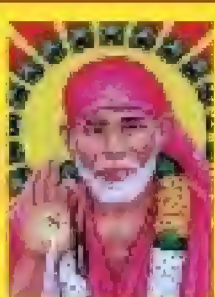
A passion that makes it not uncommon for locals to travel hours to attend games in other towns. Last year the Plainsmen parents rented a Greyhound to travel five hours to a game in El Paso on the border with Mexico.

"Texans are very proud people," adds Lee. "Even apart from their patriotism to the U.S. they'll usually tell you 'I'm Texan first.'"

With three minutes left in the game, player Jaron Jones is escorted off the field with a serious leg injury, inspiring the team to gather in kneeled prayer. Grandfathers sporting cowboy hats mutter their concerns for the future of the team. The sky has gone from pink to black.

When at last the Plainsmen win 27-8, Lowrey field erupts in unified song. Everyone, including recent inductees to the local experience, can't help but add to the noise. "We salute you, Monterey. May you win in every fray. Fighting Plainsmen ever true. We will always follow you."

Liz Beddall was hosted by Visit Lubbock, Convention & Visitors Bureau, which did not review or approve this story.




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Black Friday, Cyber Monday are the new Boxing Day

PEAK INTEREST

E-tailers experience big surge of consumers

Camilla Cornell

Last year, a surprising trend emerged at Canadian online retailer Well.ca. Sales of the company's line of health, wellness, beauty and baby products (including toys, gift sets and stocking stuffers) on Black Friday and Cyber Monday surpassed Boxing day sales by 185 per cent.

"It seems to be getting bigger and bigger in Canada each year," said Erin Young, Well.ca's chief marketing and merchandising officer. "Every year we set our expectations quite high and the consumer blows past our expectations."

The same holds true for other e-tailers, according to an analysis by online shopping comparison website Shopbot.ca. At Amazon.ca, for example, the two biggest peaks in user's interest are the same year after year — Black



Black Friday and Cyber Monday campaigns are increasing consumer demand. ASSOCIATED PRESS

Friday (3.9 million visits) and Boxing Day (4 million). And, although prior to 2005, Best Buy's Boxing Day event was by far the most popular event of the year, its Black Friday event is now among its top three biggest sales events in Canada.

Young thinks the continuous growth is a factor of more Can-

adians shopping online generally, as well as with the fact that Canadian retailers have increasingly adopted the once-U.S.-centric shopping day.

"Three years ago, we launched a big campaign around Black Friday and Cyber Monday, but very few other Canadian online retailers did anything," she said. "But

this year, you see it everywhere. And when it's more present in the market, it drums up consumer demand."

She also says that, sales are occurring earlier in the week. "For us, Cyber Monday used to be the big day," she said. "But what we saw last year in particular is that Black Friday was almost as

big — Cyber Monday was only 5 per cent bigger. In previous years, Cyber Monday had been 30-plus per cent bigger."

Young says Canadian shoppers seemed to hold off on purchases in early November this year, perhaps in part because unseasonably warm weather meant "people weren't necessarily thinking about holiday shopping."

She also speculates that there may have been a bit of "depression" associated with the U.S. election as well. "The day after the election, people were just not shopping," she said. But for Well.ca, the shopping floodgates opened at the beginning of this week, building day by day.

That's a common trend, ac-

cording to Shopbot.ca's research. "When the concept of Black Friday first arrived in Canada back in 2008, it came with its established opening time of 12:01 a.m. on Friday," according to Shopbot's report. "But with the ever growing popularity of Black Friday, the demand for earlier deals during longer periods has become mainstream. Just Amazon alone has gone from a three-day event in 2015 to host a full 12 days of Black Friday deals this year."

According to Shopbot, about one in five Canadians intend to spend more than \$350 this Black Friday, most commonly on electronics. And Canadians are most active hunting online for deals at 6 p.m. on Thursday, hours before Black Friday actually starts in-store.

Small wonder that seven out of 10 Canadian e-tailers start planning for next year's Black Friday/Cyber Monday event before this year's is even over. "We look at everything from the assortment — what are the brands that we want to promote and the deals we want to go after for our customers — and the flow of goods into the warehouses, to marketing," said Young. "After all, we see a massive uptick in new customers around this time of year." Treat them right, she says, and "they come back to us in January when they're repenting of all their sins."



We see a massive uptick of customers around this time

Erin Young of Well.ca

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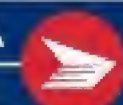
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Decor trends nod to turn of the century

HOLIDAY DECORATING

Get inspired by children's books, natural elements

Tara Nolan

Whether you are decorating your first home or condo or you're looking for fresh ideas to incorporate what you have, here are some holiday decorating hints.

The latest trends

Trends we'll be seeing this year include what designer and life-style expert Janette Ewen refers to as "the enchanted forest." This look is inspired by classic children's books like *The Chronicles of Narnia* and *The Secret Garden*. "A nod to the late 1800s/early 1900s is reflected in the following elements: mixed metallic; holiday greenery — moss, wood and natural elements; pearls and crystals; muted natural tones with soft colours as accents; twinkly lights; and vintage, turn-of-

the-century decor elements," she said.

LED lights is another trend identified by Ewen who makes note of the innovative Applights that allow you to control the display from your phone.

Ewen's own tastes, when asked to pick a favourite, lean towards a couple of interesting, yet disparate styles. "I love two looks, both very different: A mid-century modern Palm Springs styled Christmas and a rustic, woodland holiday."

Rustic holiday style

Natural accents are very popular right now, even in regular home decor. Outdoor elements can be brought indoors to adorn centrepieces, garland on a mantel or staircase, and even your Christmas tree. "I love bringing in antique touches ... so to elements that you may already have at home, like a candelabra, I will add tons of moss, wood and pine cones," said Ewen. "It's a rustic, outdoorsy, woodsy blend. I also love burlap bows and antique-looking ornaments."

Michaels offers a few styles of burlap ribbon and Rona Home &



Among the latest trends in holiday decor is the enchanted forest look. MAGDA M

Garden has created some great rustic ornaments made from wood and burlap for tree trimming.

Modern holiday style

Modern holiday palettes often reflect what's happening in the world of paint. SICO, for example, identified a few trendy colour combos, including "rich brown mixed with blue-green, burgundy or mustard, earthy green and ivory paired with terra-

cotta, and mid-tone blue coupled with grey and highlighted with dark metallics." The paint brand recommends painting your mantel an unexpected hue and adding a pop of colour to a banister before the garland goes on.

Ewen adds that icy blue and silver with slightly geometric shapes always looks fresh and modern. "Avoid too much greenery in this look," she advised. "For example, with wreaths, keep it about the sparkle — it looks

more contemporary."

Indigo has some lovely, glittery, modern ornaments, as well as winter-white decorations and kitchen accessories and candles in metallic tins.

Traditional holiday style

Of course there is a certain timelessness to many a decoration, especially the ones you lovingly unwrap each year — see Ewen's first trend recommendation. "You can't go wrong with classic glass

ornaments," she said. "Pile them up on a cake stand or in a rustic silver bowl for a classic, chic and timeless look."

Many retailers, such as Drake General Store, and makers, like those whose work can be found on Etsy.ca, have adeptly captured that "old is new again" feeling in ornaments and decorations.

Minimalist holiday style

With more people living in small spaces and condos, being a minimalist may be more about practicality than style. Regardless, there are still ways to add a dash of festive flavour to your space without taking up too much your actual square footage (and later, storage space). "Embrace mid-century modern shapes and consider styling unexpected places like a bookshelf," recommended Ewen.

And check out big box and department stores for smaller versions of faux trees. Home Depot, for example, is offering what is called the Hayden Half Tree exclusively through its website. The back has been lopped off so that it fits perfectly in the corner of a room.

Layer your lighting for a festive hue

SETTING THE MOOD

Control the ambiance in your home over the holidays

Tara Nolan

The time period spanning the holidays is one that requires multiple levels of ambiance.

Lighting plays a starring role in how you set the mood. There's that cosy-up-by-the-fire-with-a-hot-chocolate feeling after coming in from the cold, an extra bright illumination necessary for important to-dos, like gift wrapping and card signing, and then there's that bright, festive, make-merry



Indigo's LED 10-light strand.

vibe that can be associated with perhaps an ugly sweater party or a family gift exchange.

If you're looking to do more than merely untangle your current strings of Christmas tree lights, consider these tips to kick your lighting game up a notch.

"One of the most interesting trends I am seeing is an increase in detail of lighting in general," said Ulya Jensen, owner and principal designer of Ulya Jensen Interiors in Ottawa. "People are putting more personality into their lighting then ever before: We used to see very plain, nondescript lights, where now the lighting is becoming the focal point with a story."

Jensen says the popularity of vintage lights continue to be at the forefront of lighting trends, with that industrial, mid-century modern look also being prevalent. Steel and caged lights, as well as vintage dome lights in coloured metals and mixed media with reclaimed wood and iron are also all quite popular.

When it comes to a holiday party, you can work among several rooms to set several different moods. For example, in the kitchen, where many will inevitably congregate, you want it to be bright and festive and conducive to being able to see what you are doing as you mix drinks and put together your appetizer platters.

In other rooms, you'll want more of a cosy warmth.

Jensen recommends overhead lights that you can dim, as required, coupled with tabletop LED candles and other decorative lighting pieces. "Try filling a hurricane vase with LED battery string lights," she recommended. "This creates a twinkly centrepiece." (Many of these miniature strings now come battery operated, eliminating the need for extension cords.) Candles on mirrored trays can also enhance existing lighting, according to Jensen, as the mirrors will reflect the light.

Some well-known lighting brands have come out with different bulb options for everyday use and the holidays are the perfect time to introduce those, as well.

The new Philips SceneSwitch LED light bulb, for example, allows you to adjust the light's settings — without needing a dimmer switch — depending on the task you're doing. You can choose from a soft white, daylight or warm glow. These are available at Home Hardware and Home Depot.

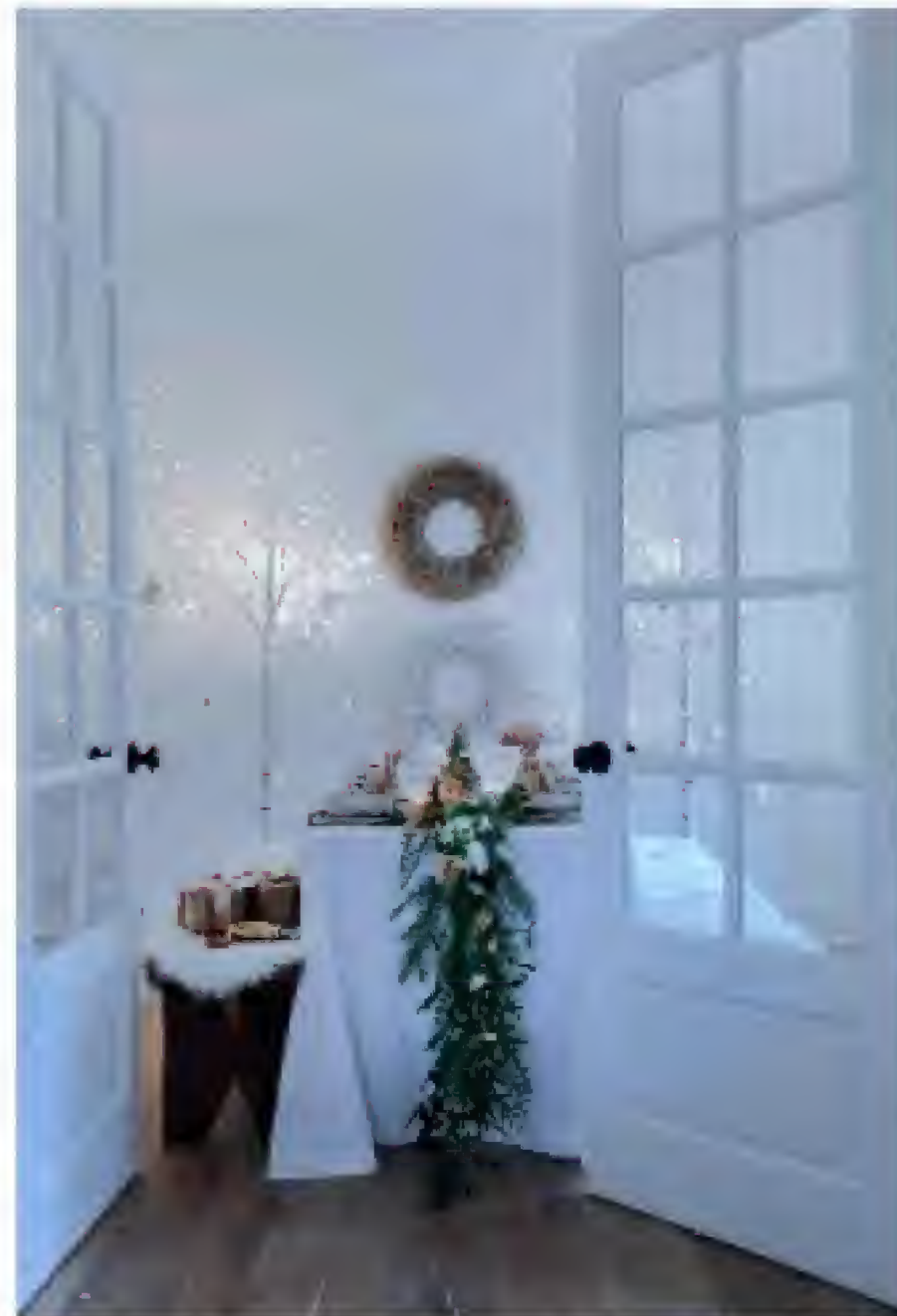
And GE Lighting has unveiled REVEAL light bulbs (available at Walmart and Lowe's), which are energy-saving LEDs designed to enhance colour and details, perfect for showing off your decorations.

Jensen has a few other tips for tweaking your lighting for the holidays. "As we are inside and want to be cosy, try switching up your lampshades for black or navy, or shades that have a gold or amber lining," she said.

Jensen also suggests supplementing the lighting you have with options in other key locations in a room. For example, if you have lots of overhead light, use floor lanterns with groupings of battery-operated candles in the lower portions of your space.

"Layered lighting is also key," said Jensen, who recommends supplementing existing lights with string lights, lanterns and even coloured glass shades to add a festive hue to a room.

String lights have come a long way in recent years. Edison lights with those visible filaments continue to be popular and there are also great themed lights, such as the silver bohemian lights (among other styles) offered by retailers like Indigo. You can add these across the mantle of a fireplace, around doorways or a banister, and of course, around the tree. These miniature lights can be all white or a rainbow of colour. There are lots of great pre-lit trees on the market that can also make a great statement in a room, such as the more modern, pre-lit birch trees available at HomeSense.



These light-up birch trees from HomeSense (in background) add a holiday feel to any room or foyer. HOMESENSE



CONTRIBUTED

High tech in the kitchen

The latest appliances make healthy family meals easy to master

Family dinner can be a struggle. “Some nights it’s a gong show!” says Donna Bishop, a busy Toronto entrepreneur and fashion-industry mentor. “It’s a scramble to get everyone fed without severe hangry setting in,” she says of her two kids and husband, Stephen, who travels frequently for business.

For families like the Bishops, advanced kitchen tech can be a big help. Philips makes it their mission to help families enjoy fast, delicious homemade meals more often. And they’ve developed appliances to make it possible.

Take the Philips Airfryer, for instance. Not only can this versatile little appliance make fried foods with less fat, it can also bake, roast and grill (even skewers). The secret is its Rapid Air Technology, which circulates hot air around a metal mesh cooking basket. Little or no oil is needed, and thanks to the patented “starfish” design on the bottom of the Airfryer, food is always cooked evenly.

But perhaps the Airfryer’s most exciting trick is its ability to cook “cheeky” foods like fried chicken at home — with healthier results. Even food that has natural fat, like marbled meat, comes out less fatty when

cooked in the Airfryer, as excess fat drains off during cooking.

Bishop says one of the things her family misses most in the winter is BBQ favourites like burgers, marinated flank steak, salmon and grilled fruit and veggies. The Philips Smokeless Indoor Grill lets her get that smoky barbecue flavour year-round — along with those mouthwatering grill marks.

Another family favourite, pasta, is easier with the Philips Pasta Maker. A bonus: fresh homemade pasta can be made healthier (and more colourful for kids) by adding spinach or carrot juice or egg. Pair it with a nutritious sauce and you’ve got a winner, says Abbey Sharp, a culinary registered dietitian and blogger. “With pasta, I often like to sneak in extra veggies (like I do with my butternut squash mac and cheese).” And, she suggests, “Try using a super flavourful strong cheese so you can cut back on it, and even swap out regular pasta for spaghetti squash.”

Quicker, healthier meals are music to Bishop’s ears. “Steve and I value good food and gathering around the table a great deal,” she says. “It’s a wonderful time together.”

PHILIPS

Two recipes you can make in the Philips Airfryer in 30 minutes or less

Fried Meatballs in Tomato Sauce

Servings: 3 to 4 portions as a snack or part of a main course

Time: 10 minutes preparation + 8 minutes in the Airfryer

- 1 small onion
- 300 g minced beef
- 1 Tbsp chopped fresh parsley
- 1/2 Tbsp chopped fresh thyme leaves
- 1 egg
- 3 Tbsp breadcrumbs
- Salt & pepper to taste
- 200 mL of your favourite tomato sauce



1. Finely chop the onion. Place all the ingredients into a bowl and mix well. Shape the mixture into 10 to 12 balls.
2. Preheat the Airfryer to 390°F.
3. Fry in two batches. Place the meatballs in the Airfryer basket and slide the basket in the Airfryer. Set the timer for 7 minutes.
4. Transfer the meatballs to an oven dish, add the tomato sauce and place the dish into the basket of the Airfryer. Slide the basket into the Airfryer.
5. Turn the temperature to 325°F and set the timer for 5 minutes to warm everything through.

Tip: For a great snack, serve the meatballs without the tomato sauce.

Chocolate Cake

Portions: 8 to 10

Time: 15 minutes preparation + 25 to 30 minutes in the Airfryer

Cake:

- 3 eggs
- 125 mL sour cream
- 150 g flour
- 150 g caster sugar
- 125 g unsalted butter
- 40 g cocoa powder
- 1 tsp baking powder
- 1/2 tsp baking soda
- 2 tsp vanilla extract

Chocolate icing:

- 150 g chocolate
- 50 g unsalted softened butter
- 200 g icing sugar
- 1 tsp vanilla extract



1. Preheat the Airfryer to 325°F.
2. Place all the cake ingredients into a food processor and mix well. Transfer to an oven dish.
3. Place the oven dish into the basket of the Airfryer. Slide the basket into the Airfryer and set the timer for 25 minutes. Once the time is up and the timer rings, prick the cake with a wooden skewer or fork. If it comes out clean, the cake is cooked through. If it’s still sticky, place the cake back into the Airfryer and set the timer for another 5 minutes.
4. Remove the dish from the basket and leave the cake to cool on a wire rack.
5. Meanwhile, melt the chocolate in a bain-marie or in the microwave. Leave to cool a little, then mix all of the icing ingredients together.
6. Remove the cooled cake from the oven dish and place it onto a plate. Cover with the chocolate icing and serve.

Tip: You can replace the baking soda with more baking powder if necessary.

Windermere's first townhomes from the low \$200s

This weekend local homebuyers will get the rare chance to get first dibs on some of the best new real estate in Edmonton, for incredible prices.

On Saturday, Nov. 26, homegrown developer StreetSide Developments will be holding the official grand opening for their new townhome project, Altius Glenridding, located in the Greater Windermere area of southwest Edmonton.

Doors will be open from noon to 4 p.m. at the new Altius Glenridding presale office, located at 1203 163rd St. SW. The event will offer limited-time promotions for buyers.

The two- and three-storey townhomes at the turnkey development start at \$219,950 including GST.

These unique townhomes have a fresh, city feel with high-quality base features including quartz countertops, laminate and tile flooring, energy efficient features, private balconies, and attached garages.

Everyone who buys at Altius Glenridding will receive a one-on-one half-day consultation with a professional designer at StreetSide's award-winning design centre,



CONTRIBUTED

DesignQ.

The designer will help you create a colour palette for your home and select from

hundreds of finishes available.

There are a variety of floorplans too — options to suit many different lifestyles.

"Altius Glenridding is a pretty broad offering, with homes for everyone including first-time buyers, people who are upgrading from an apartment condo, single parents and single professionals," says Nicholas Carels, assistant general manager at StreetSide Developments.

Residents will have access to all the neighbourhood amenities they need to live conveniently. The development is a four-minute drive from the commercial area Currents of Windermere. It's the perfect spot to shop for your groceries, and take advantage of the many shops, services and entertainment, restaurants and a theatre.

Green space is abundant too. Just down the street from Altius Glenridding, residents can enjoy a well-appointed park. The entire area is connected with paved trails for bike riding, rollerblading and walking that lead all the way into Windermere.

When residents need to get anywhere else in the city, they can get onto the Henday in minutes.

"The grand opening is your first chance to own a really incredible piece of real estate," says Carels.



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"It's unbelievable, actually": LeBron James digs LeBron: The Musical, the recently released Internet video modelled after Hamilton: The Musical

Cowboys extend franchise record

NFL

Zeke and Dak deadly for Dallas against stubborn DC

Rookies Dak Prescott and Ezekiel Elliott keep winning for the Dallas Cowboys, even with Kirk Cousins setting records for the Washington Redskins.

Prescott accounted for two touchdowns, Elliott ran for a pair of scores and the Cowboys extended their franchise regular-season record with a 10th straight victory, beating the Redskins 31-26 on Thursday.

Prescott tied Don Meredith's club quarterback record from 50 years ago with his fifth rushing TD and the NFL-leading Cowboys (10-1) won despite 449 yards passing and three touchdowns from Cousins, the first Redskins

quarterback with two 400-yard games in a season.

"Over and over and over again, at critical moments, he came up with a big play, whether it was a third down, down in the red zone, again and again and again he just played winning football for us," Dallas coach Jason Garrett said about Prescott. "He did the things that winning quarterbacks do."

The Redskins (6-4-1) got swept by their NFC East rival, and the defending division champions fell 3 1/2 games behind Dallas with five games left. It was their seventh loss in eight tries on Thanksgiving against Cowboys, who had never won more than eight straight in the regular season.

"We've been in third place for a while, so we have to understand where we are what it's going to take to get an opportunity to come back here in the future," Washington

THURSDAY in Texas

31 26
COWBOYS REDSKINS

coach Jay Gruden said. "The last five games of the year are critical."

Elliott, the NFL rushing leader, had the fourth score on five straight second-half touchdown drives between the two teams with a 1-yard run for a 31-19 lead midway through the fourth quarter. The 21-year-old had 97 yards to give him 1,199 for the season.

Prescott was 17 of 24 for 195 yards and one touchdown, a toe-tapper to Terrance Williams. He had eight carries for 39 yards, including a career-long 18-yarder. Dez Bryant led Dallas with 72 yards on five catches.

THE ASSOCIATED PRESS



Cowboys quarterback Dak Prescott carries the ball against Washington on Thursday afternoon in Arlington, Texas. TOM PENNINGTON/GETTY IMAGES

NFL

Prater kicks Lions to win over Vikings

Matt Prater kicked a 40-yard field goal as time expired after Darius Slay returned an interception 13 yards with 30 seconds left, lifting the Detroit Lions to a 16-13 win over the Minnesota Vikings on Thursday and into sole possession of first place in the NFC North.

Detroit has been doing that a lot this season. The Lions (7-4) have won six of seven, including two against Minnesota this month, despite trailing in the fourth quarter of every game this season. They extended their

THURSDAY in Detroit

16 13
LIONS VIKINGS

NFL record of having their first 11 games decided by seven or fewer points. The Vikings (6-5) have lost five of six, plummeting out of first place after surging to the top of the division early in the season. THE ASSOCIATED PRESS

IN BRIEF

Canadiens bring Canes' 5-game streak to an end

Max Pacioretty scored 14 seconds into the third period to break a tie and lift the Montreal Canadiens to a 2-1 victory over Carolina on Thursday night, ending the Hurricanes' five-game winning streak.

Andrew Shaw also scored for Montreal (15-4-2), which won for only the second time in six games. The Canadiens avenged a 3-2 loss last week in Carolina with backup Al Montoya in goal.

THE CANADIAN PRESS

Sens too strong for Bruins

Chris Wideman and Kyle Turris scored in the third period as the Ottawa Senators rallied for a 3-1 win over the Boston Bruins on Thursday.

Mark Stone tied the game in the second period for the Senators (12-7-1) and Craig Anderson turned aside 19 shots, including seven in the third period, for the win. David Pastrnak had the only goal for the Bruins (11-9-0), who got a 23-save performance from Tuukka Rask. THE CANADIAN PRESS

UNIVERSITY FOOTBALL

Regina pivot Picton earns top award

University of Regina quarterback Noah Picton has been named the most outstanding player in Canadian university football.

Picton set a U Sports record this season with 3,186 passing yards in eight league games en route to becoming the 50th recipient of the Hec Crighton Trophy. He played a major role in the Rams' remarkable turnaround as the team improved from 0-8 a year ago to 6-2 and first place in the Canada West standings.

Picton beat out a trio of



Noah Picton
THE CANADIAN PRESS

quarterbacks for the honour: St. Francis Xavier's Tivon Cook, Montreal's Samuel Caron and Ottawa's Derek Wendel.

Manitoba linebacker DJ Lalama was top defensive player, Laval defensive end Mathieu Betts was most outstanding down lineman and Mount Allison quarterback Jakob Loucks was top rookie. THE ASSOCIATED PRESS

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Ellingson's latest kick at the Cup

2016 GREY CUP

Ottawa receiver set for another trip to title game

Ottawa Suiing up for the Grey Cup is becoming pretty familiar for Greg Ellingson.

The six-foot-three, 197-pound receiver will appear in his third Grey Cup game in four years Sunday when the Ottawa Redblacks face the Calgary Stampeders at BMO Field. He's been on the roster for the East Division's last four rep-

“

It's not really going to mean that much if we don't bring a Grey Cup to Ottawa.

Greg Ellingson

representatives but didn't play in 2014 with Hamilton due to injury.

It was Ellingson's 93-yard TD catch on second-and-25 that earned Ottawa a thrilling 35-28 home win over Hamilton in last year's East Division final.

"Kind of seems that way," Ellingson said with a chuckle when asked if reaching the Grey Cup is becoming an annual rite of passage. "A little bit of luck, I guess, but also just being around great coaches and great teams."

Ellingson has yet to play for a Grey Cup winner, and victory won't come easily against a Calgary team that posted a CFL-best 15-2-1 record and beat the B.C. Lions 42-15 in the West Division final.

"It's unfortunate I haven't been to get one yet but that really motivates me and makes me want to come out here every day and practise hard," Ellingson said. "I'm looking forward to Sunday having a chance to bring this back to Ottawa."

"Calgary is a deserving team. They won a lot of games this year, they're a sound defence and have a lot of depth and their offence puts up points. We have a challenge, we're going to have to put up points to keep up with them if they happen to do that and that is the focus."

Ellingson has enjoyed a productive start to his CFL career. The former Florida International star has registered 229 catches for 3,550 yards (15.2-yard average) with 19 TDs over four seasons with Hamilton (2013-14) and Ottawa (2015-16).

While Calgary dominated the CFL, Ottawa captured first in a weak East Division with an 8-9-1 record. But the Redblacks advanced to their second straight Grey Cup game with a 38-23 home win over Edmonton in the conference final.

Not only did Ottawa avenge last year's 26-20 Grey Cup loss to Edmonton but also finished the season 3-0 against the defending Grey Cup champions.



Greg Ellingson had 1,260 yards receiving with the Redblacks this season. JUSTIN TANG/THE CANADIAN PRESS

Last season, Ottawa was happy to just reach the Grey Cup game. But Ellingson, a 27-year-old Tampa, Fla., native, said the club's mindset now is

completely different.

"You could feel it in the locker-room with the guys, we weren't as excited as we were last year to win the East," Ell-

ingson said.

"We're pumped that we're here but the focus is to get the win for the Grey Cup."

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Calgary QB Bo Levi Mitchell with his most outstanding player trophy on Thursday in Toronto. PETER POWER/THE CANADIAN PRESS

CFL

Bo's boys bully awards show in T.O.

Bo Levi Mitchell and his Calgary Stampeders teammates led a West Division sweep at the CFL awards banquet Thursday night.

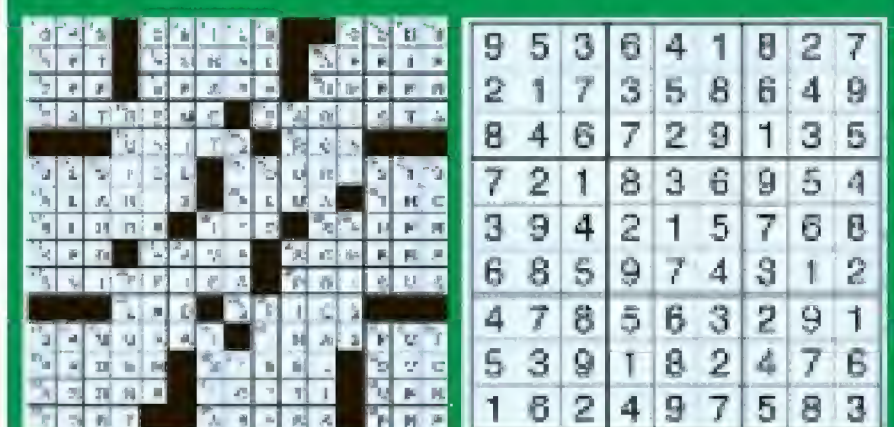
Mitchell led the Western march as he was named the league's outstanding player. The other winners included Calgary teammates Jerome Messam (Canadian), Derek Dennis (lineman) and Davaris Daniels (rookie) along with Dave Dickenson (coach), B.C. Lions linebacker Solomon Elimimian (defensive player) and kicker Justin Medlock of the Winnipeg Blue Bombers (special-teams player).

The East Division finalists included receiver Earnest Jackson (outstanding player), centre Jon Gott (lineman), offensive lineman Jason Lauzon-Sequin (rookie) and Rick Campbell (coach) of the Ottawa Redblacks, slot-back Andy Fantuz (Canadian) and kick-returner Brandon Banks (special-teams player) of the Hamilton Tiger-Cats and Montreal Alouettes linebacker Bear Woods (defensive player).

Voting was conducted by the Football Reporters of Canada and nine CFL head coaches. THE CANADIAN PRESS

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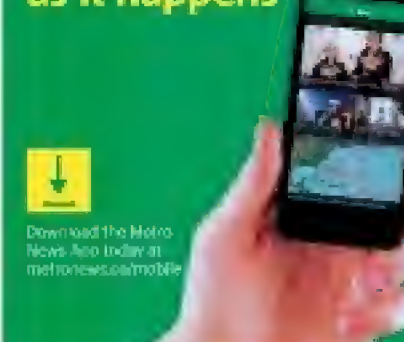
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IN BRIEF



Hapoel's Maor Buzaglo, right, vies for the ball with Inter Milan's Yuto Nagatomo on Thursday in Beer Sheva, Israel.

AFP/GETTY IMAGES

Inter coughs up lead, booted out of Europa

Inter Milan couldn't hold on to a two-goal lead against Israeli club Hapoel Beer-Sheva on Thursday, losing 3-2 and being eliminated from the Europa League with one round still to be played.

Inter conceded three goals in the second half as it lost for the fourth time in five games in Group K.

THE ASSOCIATED PRESS

Brazil closes gap on Argentina in FIFA rankings

Brazil has risen to No. 2 in the newest FIFA rankings behind Argentina, with South American teams taking three of the top four spots.

World Cup champion Germany dropped one spot to third place, while Copa America champion Chile climbed two to No. 4.

England's Gerrard retires from playing soccer

Former Liverpool captain Steven Gerrard has retired from professional soccer and is considering a "number of options" about his next career move.

The 36-year-old Gerrard, who has also been captain of England's national team, announced recently that he was leaving the Los Angeles Galaxy after two seasons.

Key veteran added to Canada's rugby lineup

Canada will be bolstered by the return of veteran lock Jamie Cudmore for Friday's rugby test against Samoa in Grenoble, France, the final game of the Canadian men's three-match European tour.

The 38-year-old from Squamish, B.C., missed the earlier 52-21 and 21-14 losses to Ireland and Romania, respectively, through injury.

THE CANADIAN PRESS

Edney, Gough slide right back into full-time racing

LUGE

Veterans took hiatuses last season to focus on studies

It's hard to slide fast when you're distracted by the future.

Sam Edney and Alex Gough have returned to Canada's huge team to race full time after school took them away from the track last season.

Gough, the most decorated luger in Canadian history, skipped the final three World Cup races to dive into civil engineering classes at the University of Calgary.

Edney, the first Canadian man to win a World Cup luge gold, took the entire season off to finish a commerce degree at Victoria's Royal Roads University.

The Calgarians feel they can now concentrate on sliding

and the upcoming 2018 Winter Olympics in Pyeongchang, South Korea, unfettered by worries about life after sport.

"As great as this life is, it doesn't have a pension plan," the 32-year-old Edney told The Canadian Press from Winterberg, Germany. "It does feel like there's a burden lifted off of me."

Ramping up studies required Gough to dial back racing in 2015-16.



I know having Sam back and Alex back this increases our chances to be hopefully even better.

Canadian coach
Walter Staudinger

The 29-year-old, who finished fourth in women's singles in the 2014 Winter Games, says she's halfway to her degree. She also got married in October to Scott Sissons.

"After the Sochi Games, I needed to make some strides on

what comes next," Gough said. "Knowing that I have a plan and two years left of my degree to complete, I'm on track."

"My life outside of luge is all in a really great place."

The competition didn't wait for them, however. Edney and

Gough have ground to regain.

Their rankings have dropped. Both must race in Friday qualifying to get into the season-opening World Cup races on the weekend in Winterberg.

"The last time I raced I was fifth overall in the world," Edney said. "That's what my bib had on it, the number five. This year I'm starting with a bib that's 68 or something. I'm down in the ranks now. It's a bit of an uphill battle."

Edney won World

Cup gold on his home track in Calgary in 2014.

"I still have the drive and the passion to be on the sled," Edney said. "Everything I do each day is with the sole focus of being in Pyeongchang and competing amongst the best in the world."

Edney, Gough, Calgary's Mitch Malyk, Reid Watts of Whistler, B.C., Victoria's Kimberley McRae and the doubles team of Justin Smith and Tristan Walker of Calgary are racing for Canada in Winterberg.

THE CANADIAN PRESS



Alex Gough made the podium once last season with a bronze medal before turning her attention to her education.

GETTY IMAGES FILE

FORMULA ONE

Rivals locked in on title showdown

Formula One rivals Lewis Hamilton and Nico Rosberg can't even shake hands.

The Mercedes pair showed their competitive spirit Thursday by ignoring a request from photographers to "stand up and shake hands" before their pre-race news conference ahead of the Abu Dhabi Grand Prix.

Instead, both sank their hands into their pockets before sitting down to answer questions.

With Hamilton's title on the line — and Rosberg's first beckoning — neither wants to give any ground heading into Sunday's race.

Rosberg has a 12-point lead and is favoured to clinch the title, needing only a third-place finish if Hamilton wins.

"That's not going to make me go faster, to have such thoughts about something that might or might not hap-

pen," said Rosberg, runner-up to Hamilton for the past two seasons.

"This is the third time the championship has gone to the wire. So I'm more relaxed."

Asked how he will approach the decider, Rosberg wasn't shy.

"I'm going to go for the race and win and do what it takes to get that," he said, adding "within the limits of what's acceptable."

Even if Hamilton wins his 10th race of the season on Sunday, it may not be enough to bring a fourth F1 title that would

draw him level with French great Alain Prost and German driver Sebastian Vettel.

"(When I was) 43 points behind, I thought it was impossible," Hamilton said. "Somehow I turned it round. (Then) I was 33 points behind and have almost turned it around."

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Nico Rosberg and Lewis Hamilton GETTY IMAGES

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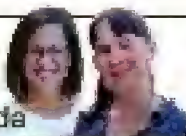
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RECIPE Nicoise Pasta



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



This pasta leans on ingredients you've got in your pantry.

Ready in 25 minutes

Prep time: 5 minutes
Cook time: 20 minutes
Serves 4

Ingredients

- 500 grams spaghetti
- 3 Tbsps olive oil
- 3 cloves garlic, crushed
- 1/2 cup black olives, pitted and roughly chopped
- 1 pint cherry tomatoes, roughly chopped
- 1/4 cup capers
- 2 x 5 oz tin of tuna, drained
- 3 or 4 leaves of fresh basil, torn into pieces
- 1/2 cup Parmesan, grated

Directions

1. Put a bit pot of well-salted water on to boil. Cook pasta according to package instructions. Just before you drain, remove 1 cup of cooking liquid and set aside.

2. In another large pot, warm up olive oil over medium heat. Toss in garlic, tomatoes, olives and capers. Stir and let the garlic cook for a couple of minutes. Add tuna and break it up a bit.

3. Add the cooked pasta and toss together until the pasta is well-coated and the rest of the ingredients are spread throughout. Pour in your cooking liquid bit by bit until the pasta loosens up.

4. Serve with a topping of grated Parmesan and fresh basil.

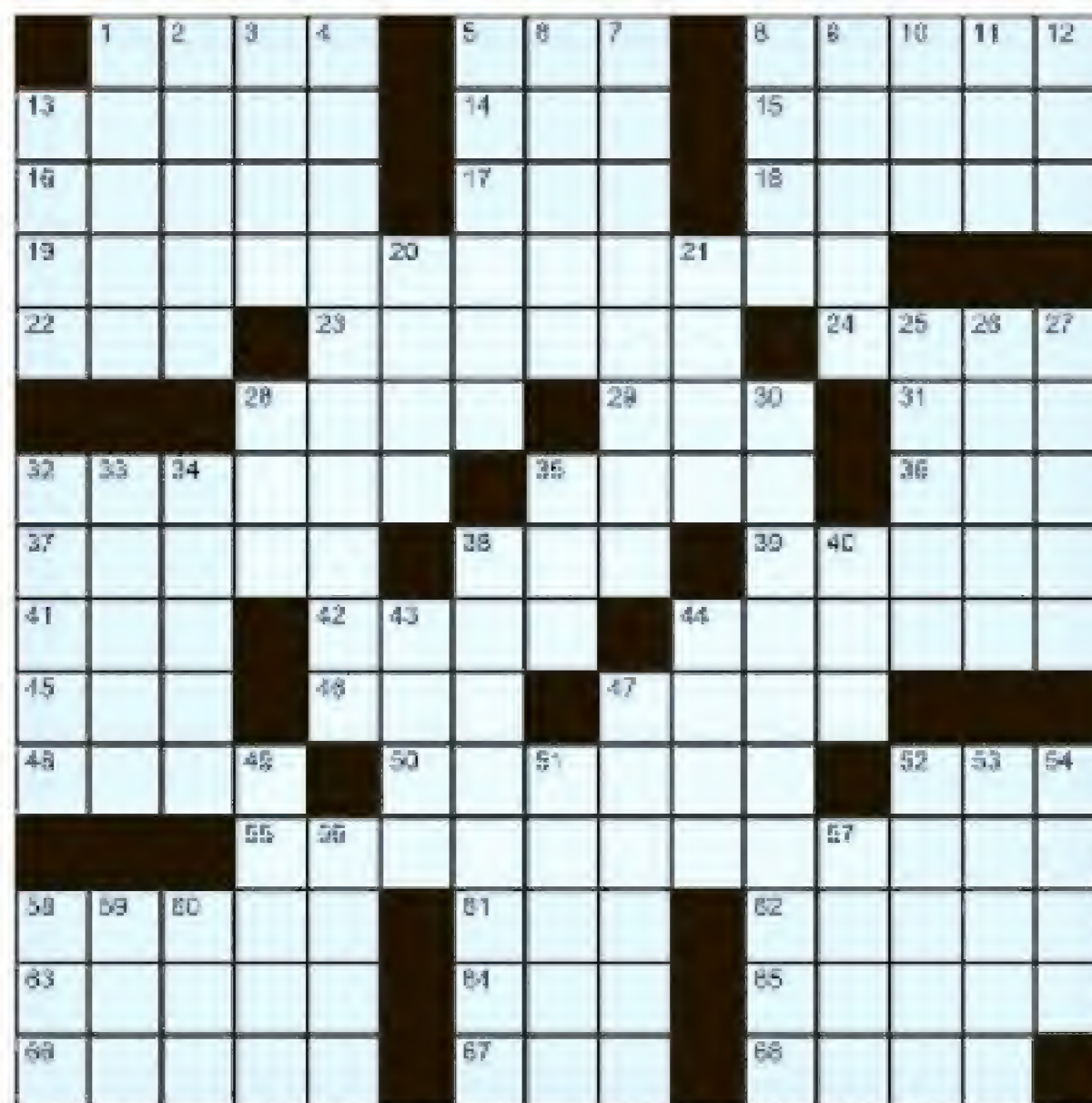
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ACROSS

1. Pond organism
5. Economy stat.
8. "SCTV" character Ms. Prickley
13. Bunch of bees
14. HEARer
15. Ms. Osmond
16. "___" (Laura Petrie's classic TV catchphrase)
17. Fish story
18. One saying "Eww, gross.", say
19. Celebrity chef on Food Network Canada (More at #4-Down!); 2 wds.
22. Archaic-style suffix
23. "___ Alive" by The Bee Gees
24. Morns-following times
28. Pre-1917 ruler
29. List stopper [abbr.]
31. Calif. NBA team
32. Towards the middle
35. Ship's figurehead site
36. Sleeveless desert-wear garment
37. Make corrections
38. ___ Angeles
39. Esau's biblical twin
41. High card
42. Gem of Australia
44. Lizards like in GEICO commercials
45. Mr. Beatty
46. Curtains holder
47. Judy Garland's daughter Lorna
48. D'Urbervilles heroine
50. Blue Rodeo's "Til I Am ___ Again"
52. Expanse



55. "Go out yonder, peace in the valley..." is how this Band song begins; 4 wds.
58. "Ditto over here!"; 2 wds.
61. Vertical opposite [abbr.]
62. Valerie Harper sitcom in the 1970s

63. ___ green
64. Traveller's lodging
65. "Egads!"
66. Did some office work
67. Zoologist's 'foot'
68. Suffix with 'Game'

DOWN

1. Not ___ (Not at all)
2. Northwest Territories official tree, Tamarack ___
3. David who played Joe Gerard on #62-Across
4. Prince Edward Island's resident Food

- ___ (Honour/role for #19-Across)
5. Actress, Sarah Michelle ___
6. Meadows flower
7. Provincial leaders
8. Eject, as energy, for example
9. Country house in Russia

10. Vex
11. Fasten
12. Feminine pronoun
13. Roughly
20. And others, commonly; 2 wds.
21. Van Morrison's "___ the Mystic"
25. Singer, Roberta ___
26. No-no
27. ___ of beef (Carnivorous portions)
28. ___ can
30. Canadian historical/wartime artist, ___ (b.1869 - d.1951)
32. Stood for something in a statement
33. Host an event
34. "Mr. ___ Goes to Town" (1936) starring Gary Cooper
35. Washington insider, wee-ly
38. Title for addressing a Peeress
40. Perform
43. Apple or pear, in botany
44. Swallow soundly
47. Studies
49. Cook's need
51. Gleaned
52. "___ on the Water" by Deep Purple
53. Downy duck
54. Santa ___ (Hot winds)
56. Tilled
57. "___ the jackpot!"
58. Witty word
59. English cathedral city
60. Point

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might have some kind of disconnect with a friend or partner today due to jealousy or passionate feelings for a boss or an authority figure. Indeed, this is a tricky day. Tread carefully!

Taurus April 21 - May 21
Your work routine will be interrupted today. Just expect this and accept it. Meanwhile, discussions about politics, religion and racial issues will be fervent. Oh yeah.

Gemini May 22 - June 21
Parents should be vigilant with their children today, because this is an accident-prone day for kids. Meanwhile, intimate relations are intense and passionate.

Cancer June 22 - July 23
Equipment might break down today, small appliances might be troublesome or minor breakages could occur. This might trigger intense discussions with a partner or a close friend.

Leo July 24 - Aug. 23
Pay attention to everything you say and do today, because this is an accident-prone day for you. You might blurt something out and later regret it, especially at work. Oops!

Virgo Aug. 24 - Sept. 23
Keep an eye on your money and possessions today, because something untoward might affect them. Meanwhile, romance definitely is hot and heavy! Mamma Mia!

Libra Sept. 24 - Oct. 23
You feel passionate, impetuous and impulsive today, which is why anything might happen. In particular, you have strong feelings about something happening at home.

Scorpio Oct. 24 - Nov. 22
You might be obsessed with an idea today. Whatever it is, you can't get it out of your mind. Be careful that this does not cause problems at work. Take a breath and step back from things a bit.

Sagittarius Nov. 23 - Dec. 21
Your desire to buy something might be impulsive today. In fact, your financial decisions in general today are a bit one-sided. Try to see both sides.

Capricorn Dec. 22 - Jan. 20
You might have a reaction to parents and bosses today. They have their differences, but you want recognition for your ideas as well. And why not?

Aquarius Jan. 21 - Feb. 19
A secret love affair might get out of hand today. (Heavy passion!) Could that be why this is an accident-prone day for you? Think before you speak or do anything today.

Pisces Feb. 20 - March 20
You have strong feelings for a friend today. Nevertheless, keep your mind on money issues as well, because something could go wrong here. Guard against loss or theft.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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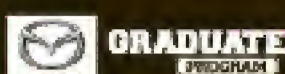
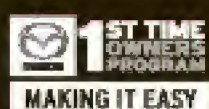


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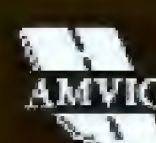


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